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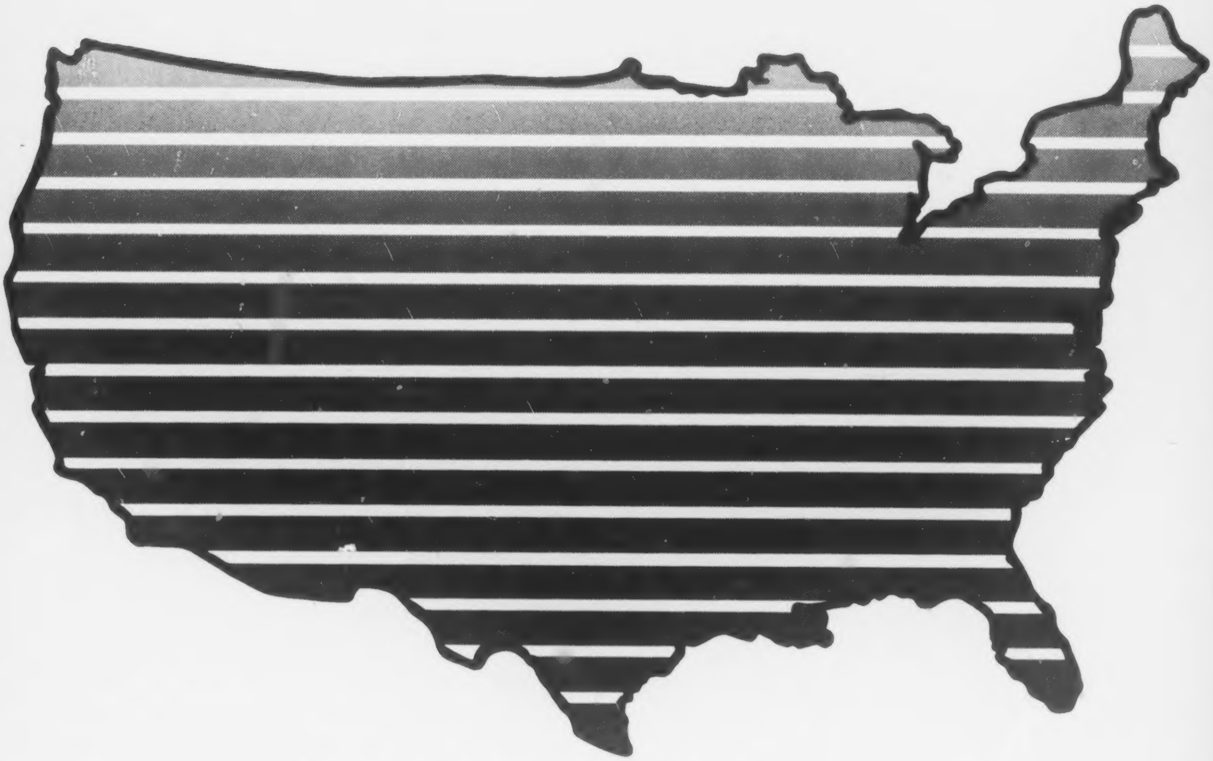
Health Across America:

Prevention Practices in Major States and Cities



Surveys conducted for *Prevention*® Magazine
by Louis Harris and Associates, Inc.

Study No. 874018

HEALTH ACROSS AMERICA:
PREVENTION PRACTICES IN
MAJOR STATES AND CITIES

STATE AND MAJOR METROPOLITAN AREA REPORT
1983-1987

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STATE LEVEL VARIATION IN PREVENTION PRACTICES

Introduction

Each state is a unique entity, complete with its own geography, history, economy and demography, all of which influence the lifestyle of its residents. Education, income and age levels differ substantially among the states, as does the ethnic makeup of their populations. Alaska, Connecticut, Maryland, Massachusetts, and New Jersey, for example, are among the richest states, with more than 30% of their populations living in households with incomes of $50,000 a year or more. Alabama, Arkansas, Kentucky, Louisiana, Mississippi, South Dakota and West Virginia are on the other side of the continuum, each with more than 15% of their populations living in households with incomes of $7,500 a year or less.

Education levels also vary dramatically. For example, more than four out of ten people in Alabama, Arkansas, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, and West Virginia have less than a high school education, compared to 33% nationally. At the other end of the spectrum, California, Colorado, Connecticut, Hawaii, Maryland, Massachusetts, and Utah have substantially higher proportions of four-year college graduates in their population as compared to the national average.

The age structure in various states is also different. In Florida, for example, more than 18% of the population is 65 years of age and older, compared to states like Louisiana, Texas, and Utah, where a far lower percentage of senior citizens reside.

States are also different with respect to the proportion of various racial groups that reside within their boundaries.[1] New Mexico, Texas, California and Arizona have higher than average proportions of Hispanics; Mississippi, South Carolina, Louisiana, and Georgia have higher than average numbers of Blacks.

Given the rich diversity that exists among the states in terms of the types of people that live within their borders, it is not surprising to find that prevention practices differ considerably on a state-by-state basis. This report details those differences, focusing on variation in such topics as prevention practices related to diet, exercise, weight control and safety.

In order to pinpoint differences in these health-related practices among individual states and the nation's major metropolitan areas, data from all five years of the Prevention survey[2] were compiled and analyzed on a state by state basis. Altogether, 6,263 individuals were interviewed in the 48 contiguous United States between 1983 and 1987. In order to insure the reliability of the analysis, only states where at least 100 individuals had been interviewed during this period were included.[3] This resulted in the analysis of the 21 largest states, representing approximately 78% of the total U.S. population, and the four largest major metropolitan areas: New York, Chicago, Los Angeles, and Philadelphia. Once sufficient data on other states has been collected, we plan to analyze the population characteristics that underlie variation in prevention practices among the states. This year our goal was simply to identify those states which are substantially above or below average on each of the major prevention practices measured in the survey.

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[1] See Table 1, page 8. 1980 Census Data for education, 1988 National Planning Data for age, ethnic proportions, and income.

[2] Data on the individual level has been published each year between 1983 and 1987. See Prevention In America: Steps People Take -- or Fail to Take -- For Better Health, 1983, Prevention in America 2: Steps People Take -- or Fail to Take -- For Better Health, 1984, Prevention in America 3: Steps People Take -- or Fail to Take -- For Better Health, 1985, Prevention in America 4: Steps People Take -- or Fail to Take -- For Better Health, 1986, Prevention in America 5: Steps People Take -- or Fail to Take -- For Better Health, 1987. All surveys conducted by Louis Harris and Associates for Prevention magazine. See methodological appendix of this report for a detailed description of the methods and procedures used in these surveys.

[3] Ten additional states were very close to this cutoff point and will be included in future state level work. Generally, differences between the states with the highest and lowest scores on the various prevention practices are statistically significant at .05. Caution should be exercised, however, in interpreting differences of less than 5%.

These data can help local level health policy makers identify areas where their state or city excels and also pinpoint other areas where efforts aimed at increasing health-enhancing practices would be useful.

A Note on Reading the Tables

An asterisk (*) on a table signifies a value of less than one-half percent (0.5%). A dash (-) represents a value of zero. Percentages may not always add up to 100% because of computer rounding, multiple answers from respondents, or the elimination of "no answers."

It should be noted that the findings reported here (as in all surveys) are subject to sampling error. Some of the findings reported here (and in other surveys) are probably also subject to a certain amount of additional error beyond the normal sampling errors. Whenever a form of behavior is perceived to be wrong, antisocial, or embarrassing, it is likely to be underreported, while socially acceptable or desirable behavior is likely to be somewhat overreported. The surprise, in many cases, is that so many people admit to such undesirable behavior as driving after drinking or smoking in bed. It should also be noted that the data in this report were collated over a 5 year period and represent the states' average performance during this time. Changes, positive and negative, have occurred during this period that are masked in this analysis.[1] The data do represent, however, the best available information on the prevention practices of the individual states and major cities, providing one of the most comprehensive assessments of health and safety factors ever obtained from national cross sections of Americans.

Public Release of Survey Findings

All Louis Harris and Associates surveys are designed to adhere to the code of standards of the Council of American Survey Research Organizations (CASRO) and the code of the National Council of Public Polls (NCPP). Because data from the survey will be released to the public, any release must stipulate that the complete report will also be available, rather than simply an excerpt from the survey findings.

Project Responsibility

The director of this project at Louis Harris and Associates was Humphrey Taylor, President. The chief analyst was Louis Genevie, Ph.D., Vice President.

Louis Harris and Associates would like to thank Prevention magazine for commissioning this research. We would in particular like to thank Robert Rodale, editor of Prevention, Sanford Beldon, Prevention's publisher, and Tom Dybdahl, who manages the project for Prevention, for their continued support. The research team is also indebted to Lois Hoeffler whose careful and speedy attention to detail made the timely production of this report possible. We are also greatly in debt to the many other people who contributed to the development of the questionnaire. However, responsibility for topics, question wordings, the findings, and for their interpretation rests solely with Louis Harris and Associates.

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[1] See Prevention in America 5: Steps People Take -- or Fail to Take -- For Better Health, 1987 survey conducted by Louis Harris and Associates for Prevention magazine.

Table 1

DEMOGRAPHIC COMPOSITION OF THE STATES*

State	% of Population 65+ Years of Age	% of Population Black	% of Population Hispanic	% of Population w/Less Than H.S. Education	% of Population w/4+ Years College	% of Households w/ income under $7,500	% of Households w/ income $50,000+
Alabama	11.7	25.3	1.0	43.5	12.2	17.5	13.4
Arizona	12.6	2.3	19.8	27.6	17.4	12.0	19.4
Arkansas	13.7	16.1	1.0	44.5	10.8	18.5	11.1
California	11.5	7.0	24.1	26.5	19.6	11.0	25.7
Colorado	9.1	3.4	13.9	21.4	23.0	10.7	22.4
Connecticut	13.6	6.9	5.2	29.7	20.7	8.1	36.3
Delaware	11.6	16.6	2.0	31.4	17.5	10.9	24.3
Florida	18.2	13.2	9.6	33.3	14.9	13.0	20.1
Georgia	9.7	25.4	1.3	43.6	14.6	13.5	21.1
Idaho	11.3	0.3	4.9	26.3	15.8	14.8	10.9
Illinois	12.2	14.2	7.3	33.5	16.2	11.8	21.7
Indiana	11.8	7.4	1.9	33.6	12.5	12.3	15.0
Iowa	14.5	1.5	1.1	28.5	13.9	13.4	15.6
Kansas	11.3	5.4	3.5	26.7	17.0	12.8	17.6
Kentucky	11.6	7.0	0.9	46.9	11.1	17.7	12.2
Louisiana	9.6	28.9	2.7	42.3	13.9	17.7	14.1
Maine	13.2	0.3	0.6	31.3	14.4	14.1	12.5
Maryland	11.0	22.1	1.9	32.6	20.4	8.7	32.5
Massachusetts	13.9	3.8	3.2	27.8	20.0	10.7	30.8
Michigan	11.5	12.2	2.2	32.0	14.3	12.0	21.1
Minnesota	12.2	1.4	1.0	26.9	17.4	11.5	21.8
Mississippi	11.2	35.5	1.2	45.2	12.3	20.3	10.2
Missouri	13.3	10.1	1.3	36.5	13.9	14.1	17.9
Montana	12.1	0.2	1.6	25.6	17.5	16.0	10.4
Nebraska	11.4	3.5	2.3	26.6	15.5	13.4	19.3
Nevada	10.6	6.5	8.2	24.5	14.4	11.0	15.8
N. Hampshire	11.7	0.5	0.8	27.7	18.2	9.4	27.1
New Jersey	13.5	12.0	8.3	32.6	18.3	9.2	34.0
New Mexico	9.4	1.5	44.3	31.1	17.6	15.8	14.4
New York	13.6	12.4	12.4	33.7	17.9	12.7	25.4
N. Carolina	11.4	22.6	1.2	45.2	13.2	14.1	15.4
N. Dakota	13.0	0.4	0.8	33.6	14.8	13.5	15.9
Ohio	12.2	9.9	1.4	33.0	13.7	12.4	17.0
Oklahoma	12.0	6.8	2.4	34.0	15.1	15.7	14.7

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*1980 Census data provided for education, 1988 National Planning Data for age, ethnic proportions, and income.

Table 1 (Continued)

DEMOGRAPHIC COMPOSITION OF THE STATES*

State	% of Population 65+ Years of Age	% of Population Black	% of Population Hispanic	% of Population w/Less Than H.S. Education	% of Population w/4+ Years College	% of Households w/ income under $7,500	% of Households w/ income $50,000+
Oregon	13.3	2.5	3.2	24.4	17.9	14.4	12.0
Pennsylvania	14.7	8.7	1.7	35.3	13.6	12.9	17.3
Rhode Island	14.8	3.0	2.6	38.9	15.4	12.2	21.3
S. Carolina	10.2	30.3	1.3	46.3	13.4	14.5	14.8
S. Dakota	13.8	0.4	0.8	32.1	14.0	16.8	12.0
Tennessee	11.9	15.4	0.9	43.8	12.6	15.9	14.1
Texas	9.8	10.8	25.0	37.4	16.9	13.0	20.3
Utah	7.7	0.6	4.8	20.0	19.9	11.3	15.3
Vermont	11.7	0.2	0.8	29.0	19.0	12.6	15.6
Virginia	11.0	18.5	1.8	37.6	19.1	10.3	27.6
Washington	11.6	2.6	3.7	22.4	19.0	12.6	16.4
W. Virginia	13.2	3.3	0.8	44.0	10.4	18.5	8.1
Wisconsin	12.9	3.7	1.7	30.4	14.8	12.1	16.1
Wyoming	8.7	0.7	6.2	22.1	17.2	12.2	13.4

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*1980 Census data provided for education, 1988 National Planning Data for age, ethnic proportions, and income.

OVERVIEW OF THE FINDINGS

The main findings of this research are detailed below:

PREVENTION PRACTICES

1. The state of Florida led the nation with the highest score on the Prevention Index. Among urban areas of the country, New York City scored the highest, making it the healthiest city in the nation.

Considerable variability exists, however, with respect to the best and worst states on the behaviors that comprise the Prevention Index.

NUTRITION

2. Florida, Pennsylvania, and California were identified as the top three states as far as concern with nutrition is concerned. People in Minnesota, Tennessee and Missouri were least concerned.

EXERCISE AND WEIGHT CONTROL

3. California, Massachusetts, Louisiana and Florida were among the states with a high proportion of people exercising regularly. Wisconsin, Ohio, New Jersey, Indiana, and Tennessee had the fewest proportion of people exercising strenuously on a regular basis.

4. Missouri had the highest proportion of people who were overweight, fully 10% above the national average of 55%.

5. California, Massachusetts, Texas and Minnesota were among those states with above average proportions of their population within recommended weight range.

6. California, the thinnest state in the nation, is also the state with the second highest proportion of people exercising strenuously on a regular basis.

7. The major urban centers of the nation are generally below average with respect to the proportion of people exercising regularly.

- Los Angeles is the one exception to this, 4% above the national average of 33%. Chicago and New York, on the other hand, were considerably below the national average, 6% and 7% respectively.

8. The New York area was the urban center with the smallest proportion of overweight people, fully 8% below the national average.

9. The Philadelphia and Chicago areas contain the highest proportion of people who are overweight, 9% and 8% above the national average respectively.

SAFETY IN THE HOME

10. The vast majority (80%) reported that they take precautions to avoid accidents in and around their homes, a rate that varies only slightly among the states. Considerably more variation exists among the states and the major metropolitan areas in the country with respect to the percentage of people who have smoke detectors in the home, however.

- While the New York area is about average in this regard, the Los Angeles area is considerably below average and the Chicago and Philadelphia areas above average.
- Even more variation exists among the states. Maryland, for example, leads the country, with 95% of those interviewed indicating that they had smoke detectors, 19% above the national average of 76%.
- Louisiana had the fewest smoke detectors in the home, fully 15% below the national average.

SAFETY ON THE NATION'S HIGHWAYS

11. Overall, only 52% of the drivers questioned indicated that they never exceeded the speed limit.

- Tennessee leads the nation in the proportion of people who say that they have exceeded the speed limit, fully 14% above the national average.

- Minnesota has the fewest number of people who say they have exceeded the speed limit, fully 12% below the national average.

12. More people in Wisconsin said that they drive after drinking than any other state in the country. Fifty-four percent of those questioned indicated that they drove after drinking, a figure 20% above the national average.

- Georgia, Virginia and Ohio had below average numbers of drivers who drive after drinking.

- Among the major metropolitan areas, New York and Los Angeles have below average numbers of drivers who reported driving after drinking.

SMOKING, ALCOHOL AND DRUG USE

13. Although smoking does not vary much from state to state, drinking alcoholic beverages does vary considerably.

- States with the highest percentage of heavy drinkers include Wisconsin, Pennsylvania, Minnesota and Michigan.

- North Carolina, Georgia, Virginia and Florida had the smallest proportion of heavy drinkers among those who drink alcoholic beverages.

- Fewer people drink alcoholic beverages in Tennessee than in any other state in the country, fully 16% above the national average.

- Wisconsin had the fewest number of people who did not drink at all, only 9%, compared to the national average of 20%.

14. All the urban areas are below average to the percentage of people who do not drink.

- New York City has the fewest number of people who do not drink at all among the major urban areas in the country, fully 9% below the national average of 20%; Phildelphia has more heavy drinkers than the other metropolitan areas in the country, fully 6% above the national average of 28%. Los Angeles and New York are below the national average in this regard, with New York leading the nation with the lowest proportion of heavy drinkers in the country (which stands at 20%, fully 8% below the national average).

15. Other drug use is highest in California, where more than one out of ten adults say that they used illegal drugs for recreational purposes, 4% above the national average of 7%.

- The Los Angeles area reported the most drug use among the major metropolitan areas of the country, 3% above the national average. New York was also slightly above the national average and Philadelphia slightly below with respect to the number of people using drugs other than alcohol.

Section 1: Which States and Metropolitan Areas Are Most Concerned About Prevention

The centerpiece of the Prevention report is the Prevention Index, a composite score based on 21 key health-promoting activities. Each activity is weighted for its health impact, and the total values adjusted to a scale of 100. An index score of 100 would mean that everyone was doing all 21 preventive acts; 0 would mean that nobody was doing any of them.[1]

Table 2 shows the 21 behaviors that comprise the Index, listed in order of decreasing importance as rated by the experts. The first column of numbers shows the percentage of adults who practice each behavior, followed by the experts' rating on its importance for preventing disease and promoting health. The last column shows how much each behavior contributes to the index score.

State and Metropolitan Area Variation on the Prevention Index

Based on this method of assessment, the proportion of people in each state and major metropolitan area who reported compliance with each prevention behavior was weighted and the weighted scores were added. The results, shown in Tables 3 and 4, represent the average number of people in each designated area who adhere to the various health-maintaining practices that were measured, weighted by experts' opinions of the importance of the practice.

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[1] Importance ratings were obtained from a Louis Harris survey conducted for the Prevention Index project conducted in 1983. Results were presented in "Prevention in America: The Experts Rate 65 Steps to Better Health". It is available from the Prevention Index, 33 East Minor Street, Emmaus, PA 18098.

Table 2

THE PREVENTION INDEX, 1988

Health-promoting Behavior	Adults Practicing (%)	Experts' Rating, Scale 1-10	Value Contributed to Index
1. Do not smoke	72	9.78	4.2
2. Avoid smoking in bed	92	9.24	5.1
3. Wear seat belt	57	9.16	3.1
4. Avoid driving after drinking	77	9.03	4.2
5. Smoke detector in home	82	8.53	4.2
6. Socialize regularly	83	8.31	4.1
7. Frequent strenuous exercise	35	8.20	1.7
8. Drink alcohol moderately	88	8.15	4.3
9. Avoid home accidents	81	8.07	3.9
10. Limit fat in diet	54	7.82	2.5
11. Maintain proper weight	24	7.71	1.1
12. Obey speed limit	55	7.65	2.5
13. Annual blood pressure test	84	7.62	3.8
14. Control stress	68	7.58	3.1
15. Consume fiber	60	7.41	2.7
16. Limit cholesterol in diet	42	7.15	1.8
17. Adequate vitamins/minerals	59	7.12	2.5
18. Annual dental examination	75	7.08	3.2
19. Limit sodium in diet	54	7.04	2.3
20. Limit sugar and sweet foods	49	6.90	2.0
21. 7-8 hours sleep/night	61	6.71	2.5

Prevention Index = 64.8.

Table 3

PREVENTION INDEX SCORES FOR THE MAJOR STATES

	State Variation		
	N	Prevention Index %	Percentage Point Variation From Average
Total	6263		
Average		63.38	
Above Average			
Florida	312	65.05	+1.67
Virginia	148	64.34	+.96
Massachusetts	162	64.28	+.90
New York	488	64.15	+.77
California	683	64.07	+.69
Washington	117	63.98	+.60
Michigan	244	63.95	+.57
Pennsylvania	331	63.77	+.39
Georgia	150	63.68	+.30
Texas	402	63.50	+.12
Below Average			
New Jersey	207	63.35	-.03
Maryland	118	63.07	-.31
Illinois	311	62.76	-.62
North Carolina	162	62.57	-.81
Missouri	135	62.25	-1.13
Louisiana	111	62.15	-1.23
Tennessee	127	62.05	-1.33
Ohio	290	61.98	-1.40
Indiana	147	61.50	-1.88
Wisconsin	127	61.42	-1.96
Minnesota	114	60.48	-2.90

Table 4

PREVENTION INDEX SCORES FOR MAJOR SMSAS

	SMSA Variation		
	N	Prevention Index %	Percentage Point Variation From Average
Total	6263		
Average		63.38	
Above Average			
New York City proper (5 Boroughs)	164	64.55	+1.17
New York SMSA	212	64.39	+1.01
Los Angeles SMSA	218	63.73	+.35
Below Average			
Philadelphia SMSA	124	63.20	-.18
Chicago SMSA	117	62.25	-1.13

The results indicate that of those states for which reliable data were available, Florida ranked first as the state most committed to prevention practices. Virginia, Massachusetts, New York, California, and Michigan also ranked among those states with above average scores on the Prevention Index.

At the other end of the continuum were those states with below average scores on the index. These states included Minnesota, the state with the lowest score, and Wisconsin, Indiana, Ohio, Tennessee, Louisiana, and Missouri.

Among the major metropolitan areas, New York City ranked highest on the index, followed closely by the entire New York metropolitan area. Los Angeles ranked second, although only slightly above the average for the country as a whole. The Chicago area was below average, and the Philadelphia area just slightly below the nation as a whole.

Section 2: Variation in the Practice in Good Nutrition Among the States

Eleven items concerned with nutrition were asked of respondents in the survey. Each indicator is shown in Table 6.

Tables 8 through 18 show those states which were above and below average on each of the nutritional indicators. Although considerable variability exists depending on which specific food was asked about, there are some states which were consistently above average nutritionally and others which had consistently below average performances. In order to assess the best and the worst states along these lines, we averaged the rank ordering of each state for each of the eleven nutritional items. The results of that analysis are presented in Tables 6 and 7 and summarized in Table 5.

The five states that had the best record nutritionally were Florida, Pennsylvania, California, Virginia, and New York. Those with the worst records were Minnesota, Tennessee, Missouri, Louisiana, and North Carolina.

With the exception of getting enough calcium, vitamins, and minerals, all of the largest metropolitan areas of the country had above average concern with nutrition, when compared to the smaller cities, towns and rural areas of the country (See Tables 8 to 18).

Table 5

RANK ORDER OF THE SEVEN BEST AND SEVEN WORST STATES NUTRITIONALLY

The Best	The Worst
1. Florida	1. Minnesota
2. Pennsylvania	2. Tennessee
3. California	3. Missouri
4. Virginia	4. Louisiana
5. New York	5. North Carolina

Table 6

RANKING OF THE 14 BEST STATES ON 11 NUTRITIONAL QUESTIONS

STATE	SALT	FAT	CHOLES-TEROL	SUGAR	CAL-CIUM	CAF-FEINE	ADDI-TIVES	FIBER	FISH	VITA-MINS	VEGE-TA-BLES	MEAN RANK-ING
Florida	6	1	2	1	1	9	6	1	1	1	1	2.72
Pennsylvania	2	3	1	2	15	3	4	5	5	3	7	4.50
California	5	9	5	5	3	6	3	4	4	2	4	4.54
Virginia	8	9	8	2	5	1	5	4	X	8	X	5.55
New York	2	7	4	5	17	3	1	13	3	8	6	6.30
Massachusetts	2	2	2	5	12	14	8	5	X	14	X	7.10
New Jersey	6	3	16	5	6	11	2	16	2	12	2	7.40
Washington	1	9	5	9	4	X	X	19	X	12	X	8.42
Michigan	11	12	8	11	9	3	6	13	X	3	9	8.50
Ohio	10	3	5	14	9	7	11	10	9	15	8	9.20
Texas	14	7	13	15	9	11	14	10	5	3	3	9.50
Georgia	13	12	8	9	12	13	16	2	X	6	X	10.10
Wisconsin	19	19	16	12	1	2	15	9	X	8	X	11.20
Indiana	14	16	13	20	6	10	11	20	X	7	X	13.00

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*The mean was calculated by adding the ranking accorded each state on each nutritional question where data was available and dividing the total by the number of questions for which data was available.

Table 7

RANKING OF THE 14 WORST STATES ON 11 NUTRITIONAL QUESTIONS

STATE	SALT	FAT	CHOLES-TEROL	SUGAR	CAL-CIUM	CAF-FEINE	ADDI-TIVES	FIBER	FISH	VITA-MINS	VEGE-TA-BLES	MEAN RANK-ING
Minnesota	4	1	1	1	14	X	X	1	X	3	X	3.57
Tennessee	1	8	7	5	2	1	1	19	X	1	X	5.00
Missouri	6	2	2	3	8	2	5	14	X	4	X	5.11
Louisiana	2	5	3	18	4	X	X	6	X	2	X	5.71
North Carolina	10	4	11	6	2	3	9	4	X	4	X	5.88
Illinois	13	7	4	9	6	10	8	5	3	10	5	6.81
Maryland	4	16	10	3	1	X	X	10	X	4	X	6.86
Indiana	7	5	7	1	15	8	5	1	X	14	X	7.00
Texas	7	14	7	6	11	6	4	10	3	16	7	8.27
Ohio	12	16	15	8	11	10	5	10	1	4	2	8.55
Michigan	10	8	11	11	11	13	11	6	2	16	1	9.09
Wisconsin	2	3	4	9	20	16	3	13	X	12	X	9.11
Georgia	9	8	11	12	8	5	2	19	X	15	X	9.89
Washington	20	11	15	12	18	X	X	3	X	9	X	12.57

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*The mean was calculated by adding the ranking accorded each state on each nutritional question where data was available and dividing the total by the number of questions for which data was available.

Q.10a

Table 8

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID EATING TOO MUCH SALT OR SODIUM

Q.: Thinking about your personal diet and nutrition, do you try a lot, try a little, or don't you try at all to avoid eating too much salt or sodium?

		State Variation	
	N	Percent Who Try a Lot to Avoid Eating Too Much Salt or Sodium %	Percentage Point Variation From Average
*Total	6263		
Average		54	
Above Average			
Washington	117	60	+6
Pennsylvania	331	59	+5
New York	488	59	+5
Massachusetts	162	59	+5
California	683	57	+3
Florida	312	56	+2
New Jersey	207	56	+2
Average			
Illinois	311	54	-
Virginia	148	54	-
Below Average			
Ohio	290	53	-1
North Carolina	162	52	-2
Michigan	244	52	-2
Georgia	150	51	-3
Texas	401	49	-5
Indiana	147	49	-5
Missouri	135	48	-6
Maryland	118	47	-7
Minnesota	114	47	-7
Louisiana	111	44	-10
Wisconsin	127	44	-10
Tennessee	127	43	-11

(Continued)

Q.10a

Table 8 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID EATING TOO MUCH SALT OR SODIUM

		SMSA Variation	
	N	Percent Who Try a Lot to Avoid Eating Too Much Salt or Sodium %	Percentage Point Variation From Average
*Total	6263		
Average		54	
Above Average			
New York City proper (5 Boroughs)	164	62	+8
New York SMSA	212	60	+6
Chicago SMSA	117	60	+6
Philadelphia SMSA	124	57	+3
Below Average			
Los Angeles SMSA	218	53	-1

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*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.10b

Table 9

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID EATING TOO MUCH FAT

Q.: Thinking about your personal diet and nutrition, do you try a lot, try a little, or don't you try at all to avoid eating too much fat?

	State Variation		
	N	Percent Who Try a Lot to Avoid Eating Too Much Fat %	Percentage Point Variation From Average
*Total	6263		
Average		56	
Above Average			
Florida	312	65	+9
Massachusetts	162	63	+7
Maryland	118	58	+2
New Jersey	207	58	+2
Pennsylvania	331	58	+2
Ohio	290	58	+2
Average			
New York	488	56	-
Texas	402	56	-
Below Average			
Virginia	148	55	-1
California	683	55	-1
Washington	117	55	-1
Michigan	244	54	-2
Georgia	150	54	-2
Tennessee	127	54	-2
Illinois	311	53	-3
Louisiana	111	52	-4
Indiana	147	52	-4
North Carolina	162	51	-5
Wisconsin	127	50	-6
Missouri	135	48	-8
Minnesota	114	47	-9

(Continued)

Q.10b

Table 9 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID EATING TOO MUCH FAT

		SMSA Variation	
	N	Percent Who Try a Lot to Avoid Eating Too Much Fat %	Percentage Point Variation From Average
*Total	6263		
Average		56	
Above Average			
Philadelphia SMSA	124	60	+4
New York SMSA	212	59	+3
New York City proper (5 Boroughs)	164	58	+2
Average			
Chicago SMSA	117	56	-
Los Angeles SMSA	218	56	-

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.10d

Table 10

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID EATING HIGH-CHOLESTEROL FOODS

Q.: Thinking about your personal diet and nutrition, do you try a lot, try a little, or don't you try at all to avoid eating too many high-cholesterol foods, such as eggs, dairy products, and fatty meats?

	State Variation		
	N	Percent Who Try a Lot to Avoid Eating Too Many High-Cholesterol Foods %	Percentage Point Variation From Average
*Total	6263		
Average		43	
Above Average			
Pennsylvania	331	51	+8
Florida	312	49	+6
Massachusetts	162	49	+6
New York	488	46	+3
Ohio	290	44	+1
California	683	44	+1
Washington	117	44	+1
Average			
Michigan	244	43	-
Georgia	150	43	-
North Carolina	162	43	-
Virginia	148	43	-
Below Average			
Maryland	118	42	-1
Texas	402	41	-2
Tennessee	127	41	-2
Indiana	147	41	-2
Illinois	311	39	-4
New Jersey	207	39	-4
Wisconsin	127	39	-4
Louisiana	111	38	-5
Missouri	135	36	-7
Minnesota	114	33	-10

(Continued)

Q.10d

Table 10 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID EATING HIGH-CHOLESTEROL FOODS

	SMSA Variation		
	N	Percent Who Try a Lot to Avoid Eating Too Many High-Cholesterol Foods %	Percentage Point Variation From Average
*Total	6263		
Average		43	
Above Average			
Philadelphia SMSA	124	47	+4
New York SMSA	212	47	+4
New York City proper (5 Boroughs)	164	46	+3
Chicago SMSA	117	45	+2
Below Average			
Los Angeles SMSA	218	42	-1

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*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.10f

Table 11

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID EATING TOO MUCH SUGAR

Q.: Thinking about your personal diet and nutrition, do you try a lot, try a little, or don't you try at all to avoid eating too much sugar and sweet food?

		State Variation	
	N	Percent Who Try a Lot to Avoid Eating Too Much Sugar %	Percentage Point Variation From Average
*Total	6263		
Average		50	
Above Average			
Florida	312	61	+11
Pennsylvania	331	54	+4
Louisiana	111	54	+4
Virginia	148	54	+4
Massachusetts	162	52	+2
New Jersey	207	52	+2
California	683	52	+2
New York	488	52	+2
Georgia	150	51	+1
Washington	117	51	+1
Average			
Michigan	244	50	-
Below Average			
Illinois	311	49	-1
Wisconsin	127	49	-1
Ohio	290	48	-2
Texas	402	47	-3
North Carolina	162	46	-4
Tennessee	127	44	-6
Maryland	118	43	-7
Missouri	135	43	-7
Indiana	147	42	-8
Minnesota	114	42	-8

(Continued)

Q.10f

Table 11 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID EATING TOO MUCH SUGAR

		SMSA Variation	
	N	Percent Who Try a Lot to Avoid Eating Too Much Sugar %	Percentage Point Variation From Average
*Total	6263		
Average		50	
Above Average			
New York City proper (5 Boroughs)	164	54	+4
New York SMSA	212	53	+3
Philadelphia SMSA	124	52	+2
Los Angeles SMSA	218	51	+1
Below Average			
Chicago SMSA	117	47	-3

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*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.10g

Table 12

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO GET ENOUGH CALCIUM

Q.: Thinking about your personal diet and nutrition, do you try a lot, try a little, or don't you try at all to get enough calcium in foods or in supplements?

		State Variation	
	N	Percent Who Try a Lot to Get Enough Calcium %	Percentage Point Variation From Average
*Total	6263		
Average		53	
Above Average			
Wisconsin	127	58	+5
Florida	312	58	+5
California	683	57	+4
Washington	117	56	+3
Virginia	148	55	+2
Indiana	147	54	+1
New Jersey	207	54	+1
Average			
Minnesota	114	53	-
Below Average			
Texas	402	52	-1
Michigan	244	52	-1
Ohio	290	52	-1
Georgia	150	51	-2
Massachusetts	162	51	-2
Missouri	135	51	-2
Pennsylvania	331	50	-3
Illinois	311	50	-3
Louisiana	111	48	-5
New York	488	48	-5
North Carolina	162	46	-7
Tennessee	127	46	-7
Maryland	118	45	-8

(Continued)

Q.10g

Table 12 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO GET ENOUGH CALCIUM

		SMSA Variation	
	N	Percent Who Try a Lot to Get Enough Calcium %	Percentage Point Variation From Average
*Total	6263		
Average		53	
Above Average			
Los Angeles SMSA	218	59	+6
Below Average			
Philadelphia SMSA	124	52	-1
Chicago SMSA	117	49	-4
New York SMSA	212	45	-8
New York City proper (5 Boroughs)	164	44	-9

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.10h

Table 13

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID CAFFEINE IN BEVERAGES

Q.: Thinking about your personal diet and nutrition, do you try a lot, try a little, or don't you try at all to avoid caffeine in beverages, such as coffee, tea, and certain soda pop?

		State Variation	
	N	Percent Who Try a Lot to Avoid Caffeine in Beverages %	Percentage Point Variation From Average
*Total	5009		
Average		34	
Above Average			
Virginia	119	46	+12
Wisconsin	101	40	+6
Pennsylvania	263	38	+4
New York	388	38	+4
Michigan	193	38	+4
California	550	37	+3
Ohio	231	35	+1
Illinois	247	35	+1
Average			
Florida	249	34	-
Below Average			
Indiana	117	33	-1
New Jersey	166	31	-3
Texas	326	31	-3
Georgia	120	30	-4
Massachusetts	129	29	-5
North Carolina	130	28	-6
Missouri	108	27	-7
Tennessee	101	25	-9

(Continued)

Q.10h

Table 13 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID CAFFEINE IN BEVERAGES

	SMSA Variation		
	N	Percent Who Try a Lot to Avoid Caffeine in Beverages	Percentage Point Variation From Average
		%	
***Total**	5009		
Average		34	
Above Average			
New York City proper (5 Boroughs)	136	38	+4
New York SMSA	176	38	+4
Los Angeles SMSA	177	37	+3
Philadelphia SMSA	101	35	+1

---

*Total is number of all cases from 1984-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.101

Table 14

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID FOODS THAT CONTAIN ADDITIVES

Q.: Thinking about your personal diet and nutrition, do you try a lot, try a little, or don't you try at all to avoid foods that contain additives such as preservatives, colorings, and artificial flavorings?

	N	State Variation Percent Who Try a Lot to Avoid Foods With Additives %	 Percentage Point Variation From Average
*Total	5009		
Average		36	
Above Average			
New York	388	45	+9
New Jersey	166	42	+6
California	550	41	+5
Pennsylvania	263	40	+4
Virginia	119	38	+2
Michigan	193	37	+1
Florida	249	37	+1
Below Average			
Massachusetts	129	34	-2
North Carolina	130	34	-2
Illinois	247	33	-3
Missouri	108	32	-4
Indiana	117	32	-4
Ohio	231	32	-4
Texas	326	31	-5
Wisconsin	101	30	-6
Georgia	120	29	-7
Tennessee	101	25	-11

(Continued)

Q.101

Table 14 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO AVOID FOODS THAT CONTAIN ADDITIVES

	SMSA Variation		
	N	Percent Who Try a Lot to Avoid Foods With Additives %	Percentage Point Variation From Average
***Total**	5009		
Average		36	
Above Average			
Philadelphia SMSA	101	48	+12
New York City proper (5 Boroughs)	136	46	+10
New York SMSA	176	44	+8
Los Angeles SMSA	177	38	+2

---

*Total is number of all cases from 1984-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.10c

Table 15

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO EAT ENOUGH FIBER

Q.: Thinking about your personal diet and nutrition, do you try a lot, try a little, or don't you try at all to eat enough fiber from whole grains, cereals, fruits, and vegetables?

		State Variation	
	N	Percent Who Try a Lot to Get Enough Fiber %	Percentage Point Variation From Average
*Total	6263		
Average		59	
Above Average			
Florida	312	66	+7
Georgia	150	65	+6
Tennessee	127	65	+6
Virginia	148	62	+3
California	683	62	+3
Pennsylvania	331	61	+2
Massachusetts	162	61	+2
Missouri	135	61	+2
Average			
Wisconsin	127	59	-
Below Average			
Texas	402	58	-1
Ohio	290	58	-1
Maryland	118	58	-1
Michigan	244	57	-2
Louisiana	111	57	-2
New York	488	57	-2
Illinois	311	56	-3
New Jersey	207	56	-3
North Carolina	162	55	-4
Washington	117	53	-6
Indiana	147	51	-8
Minnesota	114	51	-8

(Continued)

Q. 10c

Table 15 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO EAT ENOUGH FIBER

		SMSA Variation	
	N	Percent Who Try a Lot to Get Enough Fiber %	Percentage Point Variation From Average
*Total	6263		
Average		59	
Above Average			
Los Angeles SMSA	218	61	+2
Average			
Philadelphia SMSA	124	59	-
Below Average			
Chicago SMSA	117	53	-6
New York SMSA	212	50	-9
New York City proper (5 Boroughs)	164	49	-10

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*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.10j

Table 16

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO EAT FISH TWICE A WEEK

Q.: Thinking about your personal diet and nutrition, do you try a lot, try a little, or don't you try at all to eat fish twice a week?

	N	State Variation Percent Who Try a Lot to Eat Fish Twice a Week %	Percentage Point Variation From Average
*Total	3756		
Average		33	
Above Average			
Florida	187	47	+14
New Jersey	124	40	+7
New York	288	37	+4
California	417	36	+3
Below Average			
Texas	249	32	-1
Illinois	183	32	-1
Pennsylvania	196	32	-1
Michigan	142	30	-3
Ohio	171	28	-5

- -

	N	SMSA Variation Percent Who Try a Lot to Eat Fish Twice a Week %	Percentage Point Variation From Average
*Total	3756		
Average		33	
Above Average			
New York City proper (5 Boroughs)	108	44	+11
New York SMSA	138	42	+9
Los Angeles SMSA	136	35	+2

---

*Total is number of all cases from 1985-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.10e

Table 17

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO GET ENOUGH VITAMINS AND MINERALS

Q.: Thinking about your personal diet and nutrition, do you try a lot, try a little, or don't you try at all to get enough vitamins and minerals in foods or in supplements?

	State Variation		
	N	Percent Who Try a Lot to Get Enough Vitamins and Minerals	Percentage Point Variation From Average
		%	
*Total	6263		
Average		61	
Above Average			
Florida	312	69	+8
California	683	66	+5
Pennsylvania	331	64	+3
Texas	402	64	+3
Michigan	244	64	+3
Georgia	150	63	+2
Average			
Indiana	147	61	-
Below Average			
New York	488	60	-1
Virginia	148	60	-1
Wisconsin	127	60	-1
Illinois	311	59	-2
Washington	117	58	-3
New Jersey	207	58	-3
Massachusetts	162	57	-4
Missouri	135	56	-5
Maryland	118	56	-5
Ohio	290	56	-5
North Carolina	162	56	-5
Minnesota	114	55	-6
Louisiana	111	54	-7
Tennessee	127	51	-10

(Continued)

Q.10e

Table 17 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO GET ENOUGH VITAMINS AND MINERALS

		SMSA Variation	
	N	Percent Who Try a Lot to Get Enough Vitamins and Minerals %	Percentage Point Variation From Average
*Total	6263		
Average		61	
Above Average			
Philadelphia SMSA	124	67	+6
Los Angeles SMSA	218	65	+4
Below Average			
New York SMSA	212	60	-1
New York City proper (5 Boroughs)	164	59	-2
Chicago SMSA	117	58	-3

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*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.10k

Table 18

STATE AND SMSA VARIATION IN THOSE WHO SAY THEY TRY A LOT TO EAT VEGETABLES IN THE CABBAGE FAMILY

Q.: Thinking about your personal diet and nutrition, do you try a lot, try a little, or don't you try at all to eat vegetables in the cabbage family?

		State Variation	
	N	Percent Who Try a Lot to Eat Vegetables in the Cabbage Family %	Percentage Point Variation From Average
*Total	3756		
Average		62	
Above Average			
Florida	187	75	+13
New Jersey	124	67	+5
Texas	249	65	+3
California	417	64	+2
Illinois	183	63	+1
Average			
New York	288	62	-
Below Average			
Pennsylvania	196	61	-1
Ohio	171	60	-2
Michigan	142	51	-11

- -

		SMSA Variation	
	N	Percent Who Try a Lot to Eat Vegetables in the Cabbage Family %	Percentage Point Variation From Average
*Total	3756		
Average		62	
Below Average			
Los Angeles SMSA	136	61	-1
New York SMSA	138	60	-2
New York City proper (5 Boroughs)	108	58	-4

---

*Total is number of all cases from 1985-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Section 3: Exercise and Weight Control

At the state level, we found considerable variation in the proportion of people who said that they exercise strenuously at least three days a week, from a high of 42% in Virginia to a low of 25% in New York. California, Massachusetts, Louisiana and Florida were among the states with a high proportion of people exercising regularly, whereas Wisconsin, Ohio, New Jersey, Indiana and Tennessee were among those states with the fewest proportion of people exercising strenuously on a regular basis (Table 19).

The link between exercise, weight control and good health is a rather well documented one. People who engage in aerobic exercise, that is the kind of workout where you breathe heavily and your heart rate and pulse rate are accelerated for a period lasting at least twenty minutes, have lower ratios of fat to muscle tissue making for a leaner body that burns more calories even at rest.

Not surprisingly, we found that four of the six states with above average proportions of their population within recommended weight range were also among the states with above average numbers who exercise strenuously on a regular basis. These states include California, Massachusetts, Texas, and Minnesota. Five of the nine states whose population is below average with respect to strenuous exercise are among those states with above average proportions of people who are overweight. These states include Pennsylvania, Illinois, Indiana, Ohio and Wisconsin.

The relationship between strenuous exercise and weight control is by no means a perfect one, however Missouri, for example, which has the highest proportion of people who are overweight (65%), fully 10% above the national average of 55%, has an average number of people who exercise strenuously (33%). Tennessee is another good example of the imperfect relationship between weight control and exercise, as this state was below average on both strenuous exercise and on the percentage of people who are overweight.

Thus, while the relationship between regular strenuous exercise and weight control is not a perfect one, it is, nonetheless, strong and perhaps exhibited most clearly by California, which is the thinnest state in the nation and also the state with the second highest proportion of people exercising strenuously on a regular basis (Tables 19 and 20).

The major urban centers of the nation are generally below average with respect to the proportion of people who exercise regularly. Los Angeles is the one exception to this, 4% above the national average of 33%. Chicago and New York, on the other hand, were considerably below the national average, (6% and 7%, respectively) (Table 19).

Given these figures, it is not surprising that Los Angeles was also much lower than average (7%) with respect to the proportion of people who were overweight. It is surprising, however, to find that the New York area had a below average number of people who exercise strenuously and was also the urban area with the smallest proportion of people who are overweight, fully 8% below the average. The Chicago and Philadelphia areas contain the highest proportion of people who are overweight, nine and eight percent above the national average, respectively (Table 21).

Q.15

Table 19

STATE AND SMSA VARIATION IN THOSE WHO EXERCISE STRENUOUSLY THREE OR MORE DAYS A WEEK

Q.: How often do you exercise strenuously -- that is, so you breathe heavily and your heart and pulse rate are accelerated for a period lasting at least twenty minutes -- never, less than 1 day a month, 1 to 3 days a month, 1 day a week, 2 days a week, 3 days a week, 4 to 5 days a week, or 6 to 7 days a week?

		State Variation	
	N	Percent Who Exercise Strenuously 3 or More Days a Week %	Percentage Point Variation From Average
*Total	6263		
Average		33	
Above Average			
Virginia	148	42	+9
California	683	39	+6
Massachusetts	162	38	+5
Louisiana	111	37	+4
Florida	312	37	+4
Texas	402	36	+3
Minnesota	114	35	+2
Maryland	118	34	+1
Average			
Missouri	135	33	-
Washington	117	33	-
Michigan	244	33	-
Georgia	150	33	-
Below Average			
North Carolina	162	32	-1
Pennsylvania	331	31	-2
Illinois	311	31	-2
Tennessee	127	30	-3
Indiana	147	29	-4
New Jersey	207	29	-4
Ohio	290	28	-5
Wisconsin	127	28	-5
New York	488	25	-8

(Continued)

Q.15

Table 19 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO EXERCISE STRENUOUSLY THREE OR MORE DAYS A WEEK

		State Variation	
	N	Percent Who Exercise Strenuously 3 or More Days a Week %	Percentage Point Variation From Average
*Total	6263		
Average		33	
Above Average			
Los Angeles SMSA	218	37	+4
Below Average			
Philadelphia SMSA	124	31	-2
New York SMSA	212	27	-6
New York City proper (5 Boroughs)	164	27	-6
Chicago SMSA	117	26	-7

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*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.11, 12, 13

Table 20

STATE AND SMSA VARIATION IN THOSE WHOSE WEIGHT IS WITHIN THE RECOMMENDED RANGE

Q.: In feet and inches, what is your height without shoes on?

Q.: Please tell me your present weight without clothes.

Q.: What kind of body frame or bone structure would you say you have -- small, medium, or large?

	State Variation		
	N	Percent Whose Weight Is Within Recommended Range %	Percentage Point Variation From Average
*Total	5927		
Average		24	
Above Average			
Minnesota	108	30	+6
Georgia	143	29	+5
Tennessee	121	27	+3
Texas	386	26	+2
Massachusetts	152	26	+2
California	649	26	+2
Average			
Florida	294	24	-
Virginia	137	24	-
Wisconsin	123	24	-
Below Average			
Indiana	142	23	-1
Ohio	274	23	-1
New York	467	23	-1
North Carolina	149	23	-1
New Jersey	194	23	-1
Michigan	230	21	-3
Maryland	113	21	-3
Pennsylvania	306	21	-3
Washington	110	21	-3
Louisiana	106	21	-3
Illinois	287	20	-4
Missouri	124	19	-5

(Continued)

Q.11, 12, 13

Table 20 (Continued)

STATE AND SMSA VARIATION IN THOSE WHOSE WEIGHT IS WITHIN THE RECOMMENDED RANGE

		SMSA Variation	
	N	Percent Whose Weight Is Within Recommended Range %	Percentage Point Variation From Average
*Total	5927		
Average		24	
Above Average			
Los Angeles SMSA	208	27	+3
New York SMSA	201	25	+1
Average			
New York City proper (5 Boroughs)	157	24	-
Below Average			
Chicago SMSA	110	19	-5
Philadelphia SMSA	112	18	-6

---

*Total is number of all cases from 1983-1987 based on those aged 25 and above whose weight/height/build/sex combination could be classified, using Metropolitan Life Insurance Company tables. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.11, 12, 13

Table 21

STATE AND SMSA VARIATION IN THOSE WHO ARE OVERWEIGHT

Q.: In feet and inches, what is your height without shoes on?

Q.: Please tell me your present weight without clothes.

Q.: What kind of body frame or bone structure would you say you have -- small, medium, or large?

	State Variation		
	N	Percent of Those Who Are Overweight %	Percentage Point Variation From Average
*Total	5927		
Average		55	
Above Average			
Missouri	124	65	+10
Maryland	113	63	+8
Wisconsin	123	62	+7
Pennsylvania	306	61	+6
Louisiana	106	61	+6
Illinois	287	60	+5
Michigan	230	59	+4
Indiana	142	57	+2
Virginia	137	57	+2
Florida	294	56	+1
Ohio	274	56	+1
Average			
New Jersey	194	55	-
New York	467	55	-
Below Average			
North Carolina	149	54	-1
Massachusetts	152	54	-1
Tennessee	121	54	-1
Minnesota	108	54	-1
Texas	386	52	-3
Washington	110	52	-3
Georgia	143	52	-3
California	649	48	-7

(Continued)

Q.11, 12, 13

Table 21 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO ARE OVERWEIGHT

		SMSA Variation	
	N	Percent of Those Who Are Overweight %	Percentage Point Variation From Average
*Total	5927		
Average		55	
Above Average			
Chicago SMSA	110	64	+9
Philadelphia SMSA	112	63	+8
Below Average			
New York City proper (5 Boroughs)	157	49	-6
Los Angeles SMSA	208	48	-7
New York SMSA	201	47	-8

---

*Total is number of all cases from 1983-1987 based on those aged 25 and above whose weight/height/build/sex combination could be classified, using Metropolitan Life Insurance Company tables. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Section 4: Safety in the Home: The Use of Smoke Detectors

Overall, almost eight out of ten people in the nation report that they take precautions to avoid accidents in and around their homes. This rate varies only slightly among the states, however. New Jersey and Pennsylvania, for example, have slightly higher numbers of people who reported that they took special precautions to avoid accidents in the home, as compared to Massachusetts and Indiana, where below average numbers reported taking such precautions (Table 22).

Considerably more variation, however, exists among the states and major metropolitan areas in the country with respect to the percentage of people who have smoke detectors in the home. While the New York area is about average in this regard, the Los Angeles area is considerably below average and the Philadelphia and Chicago areas above average.

Even greater variation exists among the states. Maryland, for example, leads the country with 95% of those interviewed indicating that they had smoke detectors, 19% above the national average of 76%. Massachusetts, New Jersey, Minnesota, Wisconsin, Washington, and Michigan, were also among the states with greater than average number of people who had smoke detectors in the home. Louisiana, Florida, Georgia, Missouri, and Texas, on the other hand, were among those states with the lowest proportion of people who had smoke detectors. Louisiana had the fewest number of smoke detectors in the home, fully 15% below the national average (Table 23).

Q.32

Table 22

STATE AND SMSA VARIATION IN THOSE WHO TAKE SAFETY PRECAUTIONS AT HOME

Q.: Do you take any special steps or precautions to avoid accidents in and around your home?

	State Variation		
	N	Percent Who Take Safety Precautions at Home %	Percentage Point Variation From Average
*Total	6263		
Average		79	
Above Average			
New Jersey	207	84	+5
Pennsylvania	331	83	+4
North Carolina	162	82	+3
Michigan	244	82	+3
Georgia	150	81	+2
Virginia	148	81	+2
Missouri	135	81	+2
Tennessee	127	80	+1
Texas	402	80	+1
Average			
Florida	312	79	-
Washington	117	79	-
Below Average			
Wisconsin	127	78	-1
Louisiana	111	77	-2
Ohio	290	77	-2
Minnesota	114	77	-2
Illinois	311	77	-2
Maryland	118	77	-2
California	683	77	-2
New York	488	75	-4
Indiana	147	73	-6
Massachusetts	162	72	-7

(Continued)

Q.32

Table 22 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO TAKE SAFETY PRECAUTIONS AT HOME

	SMSA Variation		
	N	Percent Who Take Safety Precautions at Home %	Percentage Point Variation From Average
*Total	6263		
Average		79	
Above Average			
Philadelphia SMSA	124	81	+2
Below Average			
Los Angeles SMSA	218	78	-1
New York SMSA	212	78	-1
New York City proper (5 Boroughs)	164	77	-2
Chicago SMSA	117	75	-4

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*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.31

Table 23

STATE AND SMSA VARIATION IN THOSE WHO HAVE SMOKE DETECTORS IN THE HOME

Q.: Do you have a smoke detector in your home, or not?

	State Variation		
	N	Percent Who Have Smoke Detectors %	Percentage Point Variation From Average
*Total	6263		
Average		76	
Above Average			
Maryland	118	95	+19
Massachusetts	162	87	+11
New Jersey	207	86	+10
Minnesota	114	85	+9
Wisconsin	127	82	+6
Washington	117	81	+5
Michigan	244	81	+5
Tennessee	127	80	+4
Illinois	311	79	+3
New York	488	79	+3
Virginia	148	78	+2
Pennsylvania	331	77	+1
Average			
Indiana	147	76	-
Below Average			
Ohio	290	74	-2
North Carolina	162	73	-3
California	683	73	-3
Missouri	135	71	-5
Texas	402	68	-8
Georgia	150	67	-9
Florida	312	65	-11
Louisiana	111	61	-15

(Continued)

Q.31

Table 23 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO HAVE SMOKE DETECTORS IN THE HOME

	SMSA Variation		
	N	Percent Who Have Smoke Detectors %	Percentage Point Variation From Average
*Total	6263		
Average		76	
Above Average			
Philadelphia SMSA	124	84	+8
Chicago SMSA	117	81	+5
Below Average			
New York City proper (5 Boroughs)	164	75	-1
New York SMSA	212	75	-1
Los Angeles SMSA	218	72	-4

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*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Section 5: Safety on the Nation's Highways

Exceeding the Speed Limit

If there is one thing we know with near certainty with respect to highway safety, it is that speed kills. Yet, over the five year period during which data were collected, only 52% of the drivers questioned indicated that they never exceeded the speed limit. This percentage varies considerably from state to state, with Tennessee, Maryland, Massachusetts, California, Virginia and Georgia among the states with the highest proportion of people who say that they have exceeded the speed limit. Tennessee, which has the dubious distinction of leading the nation in this regard, is fully 14% above the national average.

The states which have the highest proportion of drivers who never exceed the speed limit are Minnesota, 12% above the national average, and Illinois, Pennsylvania, Missouri, and North Carolina (Table 24).

Wearing Seat Belts

Wearing seatbelts is also a critical aspect of highway safety. As we reported in Prevention V: Steps People Take -- or Fail to Take -- For Better Health, the proportion of people across the country who wear seatbelts all the time has risen dramatically over the last five years.* Overall, during the five years, 40% of the people in the country said that they wore seatbelts whenever they were in the front seat of a car. Texas, New York, Washington, Michigan, California, Maryland and Louisiana led the nation in this regard, with Texas standing fully 12% above the national average. Tennessee, on the other hand, was 12% below the national average, with only 28% of those in this state indicating that they wore seatbelts all the time. Georgia, Pennsylvania, Wisconsin, Minnesota, Ohio, Indiana and Massachusetts also had lower than average numbers of people who wear seatbelts (Table 25).

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*The data in this section should be interpreted with caution because of the major changes that have taken place in the country as a whole and within individual states -- largely as a result of the enactment of seatbelt laws -- during the last five years.

Two states stand out with respect to their highway safety consciousness, or perhaps, more accurately, their lack of it. Tennessee had the lowest proportion of people who said they stay within the speed limit and the lowest proportion of people who indicated that they wore seatbelts all the time. Massachusetts was also below average on both of these factors, with above average numbers of people who say that they did sometimes exceed the speed limit and below average numbers who use seatbelts all the time.

With the exception of those who live in Philadelphia, people residing in the major metropolitan areas in the country are more highway safety conscious than those living in small towns or rural areas. In Los Angeles, for example, 43% of the drivers indicated that they never exceeded the speed limit, fully 9% above the national average. In that same area, 47% say that they always wear seatbelts, 7% above the national average (Table 25).

The New York metropolitan area leads the nation with respect to the use of seatbelts, fully 11% above the national average.

Philadelphia had the fewest number of people who said they always wear seatbelts, 2% below the national average.

Of all the major metropolitan areas, Chicago seems to be the most highway safety conscious, having the highest proportion of people who reported that they stay within the speed limit and an above average proportion who indicated that they wear seatbelts all the time (Tables 24 and 25).

Driving After Drinking

Perhaps the most perilous combination that exists on our nation's highways is that of driving and drinking, responsible for more than half of all highway deaths each year. Wisconsin has the dubious distinction of leading the nation in this regard: 54% of those questioned indicated that they did drive after drinking, a figure 20% above the national average. It should also be noted that Wisconsin is far below the national average when it comes to the proportion who wear seatbelts and stay within the speed limit, making it one of the most dangerous states in the country in which to drive.

Michigan, Illinois, Pennsylvania, and Indiana also had above average numbers of people who drive after drinking. Georgia, Virginia, and Ohio, on the other hand, had below average numbers of drivers who drive after drinking.

The two major metropolitan areas for which sufficient data were available, New York and Los Angeles, had below average numbers of drivers who reported driving after drinking (Table 26).

Q.27

Table 24

STATE AND SMSA VARIATION IN ADULTS WHO NEVER EXCEED THE SPEED LIMIT

Base: Drivers

Q.: How often do you drive at or below the speed limit -- all the time, sometimes, or never?

		State Variation	
	N	Drivers Who Never Exceed the Speed Limit %	Percentage Point Variation From Average
*Total	5583		
Average		52	
Above Average			
Minnesota	105	64	+12
Illinois	269	61	+9
Pennsylvania	274	61	+9
Missouri	121	59	+7
North Carolina	144	58	+6
Ohio	268	55	+3
New York	387	54	+2
Average			
Florida	281	52	-
Below Average			
Indiana	136	51	-1
New Jersey	172	51	-1
Michigan	229	51	-1
Washington	111	50	-2
Texas	370	50	-2
Wisconsin	113	49	-3
Georgia	137	47	-5
Virginia	133	47	-5
California	629	46	-6
Massachusetts	138	46	-6
Maryland	108	42	-10
Tennessee	108	38	-14

(Continued)

Q.27

Table 24 (Continued)

STATE AND SMSA VARIATION IN ADULTS WHO NEVER EXCEED THE SPEED LIMIT

Base: Drivers

		SMSA Variation	
	N	Drivers Who Never Exceed the Speed Limit %	Percentage Point Variation From Average
*Total	5583		
Average		52	
Above Average			
Chicago SMSA	101	64	+12
Below Average			
New York SMSA	143	50	-2
New York City proper (5 Boroughs)	102	50	-2
Los Angeles SMSA	196	43	-9

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*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.25

Table 25

STATE AND SMSA VARIATION IN ADULTS WHO SAY THEY WEAR SEATBELTS WHEN RIDING IN THE FRONT SEAT OF A CAR ALL THE TIME

Q.: How often do you wear a seatbelt when you are in the front seat of a car -- all the time, sometimes, or never?

	State Variation		
	N	Percent Who Always Wear Seatbelts %	Percentage Point Variation From Average
*Total	6263		
Average		40	
Above Average			
Texas	402	52	+12
New York	488	51	+11
Washington	117	50	+10
Michigan	244	50	+10
California	683	49	+9
Maryland	118	48	+8
Louisiana	111	45	+5
Missouri	135	44	+4
Florida	312	44	+4
North Carolina	162	43	+3
Below Average			
Illinois	311	39	-1
Virginia	148	39	-1
New Jersey	207	38	-2
Massachusetts	162	36	-4
Indiana	147	35	-5
Ohio	290	33	-7
Minnesota	114	32	-8
Wisconsin	127	31	-9
Pennsylvania	331	31	-9
Georgia	150	29	-11
Tennessee	127	28	-12

(Continued)

Q.25

Table 25 (Continued)

STATE AND SMSA VARIATION IN ADULTS WHO SAY THEY WEAR SEATBELTS WHEN RIDING IN THE FRONT SEAT OF A CAR ALL THE TIME

	SMSA Variation		
	N	Percent Who Always Wear Seatbelts %	Percentage Point Variation From Average
*Total	6263		
Average		40	
Above Average			
New York City proper (5 Boroughs)	164	51	+11
New York SMSA	212	50	+10
Los Angeles SMSA	218	47	+7
Chicago SMSA	117	44	+4
Below Average			
Philadelphia SMSA	124	38	-2

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.28

Table 26

STATE AND SMSA VARIATION IN ADULTS WHO DRINK AND DRIVE AFTER DRINKING

Base: Drivers who drink

Q.: If you ever drink alcoholic beverages, how often do you drive after drinking -- all the time, sometimes, or never?

	State Variation		
	N	Drivers Who Drive After Drinking %	Percentage Point Variation From Average
*Total	4595		
Average		34	
Above Average			
Wisconsin	104	54	+20
Michigan	197	44	+10
Illinois	224	40	+6
Pennsylvania	233	39	+5
Indiana	109	39	+5
California	538	35	+1
Average			
Florida	233	34	-
Below Average			
Massachusetts	122	33	-1
New Jersey	149	32	-2
Texas	291	32	-2
New York	342	32	-2
Ohio	225	31	-3
Virginia	109	30	-4
Georgia	101	29	-5

(Continued)

Q.28

Table 26 (Continued)

STATE AND SMSA VARIATION IN ADULTS WHO DRINK AND DRIVE AFTER DRINKING

Base: Drivers who drink

	SMSA Variation		
	N	Drivers Who Drive After Drinking %	Percentage Point Variation From Average
*Total	4595		
Average		34	
Above Average			
Los Angeles SMSA	165	33	-1
New York SMSA	127	31	-3

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Section 6: Regular Medical Exams

Regular medical examinations are another important aspect of preventive medicine. As with most health maintaining practices, we found considerable variation among the states.

Blood and Cholesterol Tests

More than 8 out of 10 respondents indicated that they had their blood pressure read at least once a year. However, those in Minnesota, California, and Maryland reported slightly less compliance with this practice. Those in Louisiana, Wisconsin, Florida, Washington, Pennsylvania, and Michigan have their blood pressure read more often than the rest of the country.

Even more variation existed among the states with respect to the proportion of people who have annual cholesterol tests. Above average numbers of people in North Carolina, Florida, Missouri, Michigan, Wisconsin, and Virginia have annual cholesterol tests, while those in Indiana, Ohio, and Illinois have fewer than average.

People in all the major metropolitan areas of the country had above average rates for cholesterol testing (Tables 27 and 28).

Dental Checkups

Overall, three out of four people indicated that they received an annual dental checkup. However, states with below average levels of household income, such as North Carolina and Tennessee, had lower proportions of people receiving annual dental checkups. States with above average household incomes such as Maryland, Massachusetts, California, and New York have higher percentages of their population receiving dental checkups on a yearly basis.

Except for the Chicago area, which was 3% below the national average, the other major metropolitan areas are above average in this regard (Table 29).

Pap Smears and Breast Self-examination for Women

Among the states for which sufficient data were available, Florida, Pennsylvania, and Ohio had below average numbers of women who reported that they have had pap smears at least once a year and examine their breasts at least once a month.

New Jersey, Michigan and California have above average numbers of women who said that they had annual pap smears (Tables 30 and 31).

Q.3

Table 27

STATE AND SMSA VARIATION IN THOSE ADULTS WHO HAVE ANNUAL BLOOD PRESSURE READINGS

Q.: How often do you have a blood pressure reading?

		State Variation	
	N	Percent Who Go Once a Year for Their Blood Pressure Reading %	Percentage Point Variation From Average
*Total	6263		
Average		84	
Above Average			
Louisiana	111	88	+4
Wisconsin	127	88	+4
Florida	312	88	+4
Washington	117	88	+4
Pennsylvania	331	88	+4
Michigan	244	88	+4
Texas	402	87	+3
Tennessee	127	87	+3
New York	488	85	+1
Indiana	147	85	+1
Georgia	150	85	+1
Average			
Missouri	135	84	-
Ohio	290	84	-
Virginia	148	84	-
Below Average			
New Jersey	207	83	-1
Illinois	311	83	-1
Massachusetts	162	83	-1
North Carolina	162	83	-1
Maryland	118	81	-3
California	683	78	-6
Minnesota	114	76	-8

(Continued)

Q.3

Table 27 (Continued)

STATE AND SMSA VARIATION IN THOSE ADULTS WHO HAVE ANNUAL BLOOD PRESSURE READINGS

		SMSA Variation	
	N	Percent Who Go Once a Year for Their Blood Pressure Reading %	Percentage Point Variation From Average
*Total	6263		
Average		84	
Above Average			
Philadelphia SMSA	124	86	+2
New York City proper (5 Boroughs)	164	85	+1
New York SMSA	212	85	+1
Below Average			
Chicago SMSA	117	82	-2
Los Angeles SMSA	218	79	-5

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.4

Table 28

STATE AND SMSA VARIATION IN THOSE ADULTS WHO HAVE ANNUAL CHOLESTEROL TESTS

Q.: How often do you have a blood test for your cholesterol level?

		State Variation	
	N	Percent Who Have Annual Cholesterol Tests %	Percentage Point Variation From Average
*Total	5009		
Average		45	
Above Average			
North Carolina	130	52	+7
Florida	249	51	+6
Missouri	108	51	+6
Michigan	193	51	+6
Wisconsin	101	50	+5
Virginia	119	49	+4
New York	388	48	+3
Pennsylvania	263	46	+1
Massachusetts	129	46	+1
Average			
New Jersey	166	45	-
Tennessee	101	45	-
Below Average			
Texas	326	44	-1
California	550	43	-2
Georgia	120	43	-2
Illinois	247	41	-4
Ohio	231	35	-10
Indiana	117	33	-12

(Continued)

Q.4

Table 28 (Continued)

STATE AND SMSA VARIATION IN THOSE ADULTS WHO HAVE ANNUAL CHOLESTEROL TESTS

		SMSA Variation	
	N	Percent Who Have Annual Cholesterol Tests %	Percentage Point Variation From Average
*Total	5009		
Average		45	
Above Average			
New York City proper (5 Boroughs)	136	51	+6
New York SMSA	176	49	+4
Los Angeles SMSA	177	47	+2
Philadelphia SMSA	101	47	+2

---

*Total is number of all cases from 1984-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.7

Table 29

STATE AND SMSA VARIATION IN THOSE ADULTS WHO HAVE ANNUAL DENTAL CHECKUPS

Q.: How often do you go to the dentist for treatment or a checkup?

		State Variation	
	N	Percent Who Have Annual Dental Checkups %	Percentage Point Variation From Average
*Total	6263		
Average		75	
Above Average			
Maryland	118	86	+11
Massachusetts	162	80	+5
California	683	79	+4
New York	488	79	+4
Indiana	147	78	+3
Michigan	244	77	+2
Wisconsin	127	77	+2
Virginia	148	76	+1
New Jersey	207	76	+1
Average			
Minnesota	114	75	-
Florida	312	75	-
Georgia	150	75	-
Below Average			
Ohio	290	74	-1
Louisiana	111	74	-1
Washington	117	74	-1
Illinois	311	73	-2
Pennsylvania	331	72	-3
Texas	402	71	-4
Missouri	135	70	-5
Tennessee	127	67	-8
North Carolina	162	67	-8

(Continued)

Q.7

Table 29 (Continued)

STATE AND SMSA VARIATION IN THOSE ADULTS WHO HAVE ANNUAL DENTAL CHECKUPS

		SMSA Variation	
	N	Percent Who Have Annual Dental Checkups %	Percentage Point Variation From Average
*Total	6263		
Average		75	
Above Average			
Los Angeles SMSA	218	79	+4
New York City proper (5 Boroughs)	164	79	+4
New York SMSA	212	77	+2
Philadelphia SMSA	124	77	+2
Below Average			
Chicago SMSA	117	72	-3

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.8

Table 30

STATE AND SMSA VARIATION IN THOSE WOMEN WHO HAVE ANNUAL PAP SMEARS

Q.: How often do you have a Pap smear test for cancer?

	State Variation		
	N	Percent of Women Who Have Pap Smears Once a Year or More %	Percentage Point Variation From Average
*Total	3220		
Average		57	
Above Average			
New Jersey	107	62	+5
Michigan	125	62	+5
California	286	59	+2
Below Average			
Texas	192	56	-1
New York	255	56	-1
Illinois	159	54	-3
Ohio	163	54	-3
Florida	167	54	-3
Pennsylvania	181	51	-6

- -

	SMSA Variation		
	N	Percent of Women Who Have Pap Smears Once a Year or More %	Percentage Point Variation From Average
*Total	3220		
Average		57	
Average			
New York SMSA	106	57	-

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.9

Table 31

STATE AND SMSA VARIATION IN THOSE WOMEN EXAMINE THEIR BREASTS SEVERAL TIMES A YEAR OR MORE

Q.: How often do you yourself examine your breasts to detect any possible cancer -- at least once a month, several times a year, once a year, less than once a year, or never?

		State Variation	
	N	Percent of Women Who Examine Their Breasts More Than Once a Year %	Percentage Point Variation From Average
*Total	3220		
Average		61	
Average			
New York	255	61	-
Michigan	125	61	-
Below Average			
California	286	60	-1
Pennsylvania	181	59	-2
Texas	192	58	-3
Illinois	159	57	-4
Ohio	163	53	-8
Florida	167	53	-8
New Jersey	107	53	-8

- -

		SMSA Variation	
	N	Percent of Women Who Examine Their Breasts More Than Once a Year %	Percentage Point Variation From Average
*Total	3220		
Average		61	
Average			
New York SMSA	106	61	-

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Section 7: Health Suppressors

Smoking

Less than one out of four people in the country now smoke cigarettes, a figure that varies only slightly from state to state. Ohio, Florida, Minnesota, and North Carolina have slightly above average numbers of people who said that they smoked while Georgia, Wisconsin and Illinois had slightly below average numbers of smokers.

Among the major metropolitan areas Chicago and Los Angeles had slightly below average numbers of smokers while New York City, the New York metropolitan area and Philadelphia had slightly above average numbers of smokers (Table 32).

Alcohol Use: America's Drug of Choice

While smoking does not vary much from state to state, drinking alcoholic beverages does vary considerably. States with the highest proportion of heavy drinkers include Wisconsin, Pennsylvania, Minnesota, Michigan, Illinois and Missouri. North Carolina, Georgia, Virginia and Florida on the other hand, had the fewest proportion of heavy drinkers among those who drink alcoholic beverages.

The major teetotaling states in the nation include Tennessee, fully 16% above the national average, and North Carolina and Georgia, all located in the Southern region of the country (Tables 33 and 34).

Wisconsin also had the fewest number of people who do not drink at all, only 9%, compared to the national average of 20%. Minnesota, New York, Massachusetts, Maryland, Michigan, and California also have below average numbers of people who said that they do not drink at all.

All of the SMSAs have below average numbers of people who do not drink. New York City has the fewest number of teetotalers, fully 9% below the national average of 20%.

With the exception of Philadelphia, the major urban areas of the country are also below average with respect to the number of heavy drinkers. Although Philadelphia is 6% is above the national average in this regard, Los Angeles is 3% below, and New York, 7% below the national average of 28%. Thus, while most people in major urban areas do drink, most do not drink heavily.

Other Drug Use

During the period 1983-1987, an average of 7% of those questioned indicated that they used illegal drugs for recreational purposes. California led the nation in this respect, with 11% -- more than one out of ten adults in the State -- indicating that they used recreational drugs. New York was slightly above average in this regard, while North Carolina, Tennessee, and Wisconsin were all below average.

Not surprisingly, given the data from California, the Los Angeles area reported the most drug use among the major metropolitan areas in the country, 3% above the national average. New York was also slightly above the national average, and Philadelphia slightly below with respect to the number of people using drugs other than alcohol (Table 35).

Q.17

Table 32

STATE AND SMSA VARIATION IN THOSE WHO SMOKE CIGARETTES

Q.: Do you smoke cigarettes now, or not?

	State Variation		
	N	Percent Who Smoke %	Percentage Point Variation From Average
*Total	6263		
Average		23	
Above Average			
Ohio	290	28	+5
Florida	312	27	+4
Minnesota	114	27	+4
North Carolina	162	26	+3
Maryland	118	25	+2
Michigan	244	25	+2
New York	488	25	+2
New Jersey	207	25	+2
Pennsylvania	331	25	+2
Texas	402	24	+1
Tennessee	127	24	+1
Average			
Louisiana	111	23	-
Below Average			
Indiana	147	22	-1
Missouri	135	22	-1
California	683	22	-1
Virginia	148	22	-1
Massachusetts	162	21	-2
Illinois	311	21	-2
Wisconsin	127	20	-3
Georgia	150	20	-3

(Continued)

Q.17

Table 32 (Continued)

STATE AND SMSA VARIATION IN THOSE WHO SMOKE CIGARETTES

	SMSA Variation		
	N	Percent Who Smoke %	Percentage Point Variation From Average
*Total	6263		
Average		23	
Above Average			
Philadelphia SMSA	124	27	+4
New York SMSA	212	26	+3
New York City proper (5 Boroughs)	164	26	+3
Below Average			
Chicago SMSA	117	22	-1
Los Angeles SMSA	218	21	-2

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.23

Table 33

STATE AND SMSA VARIATION IN ADULTS WHO DO NOT DRINK ALCOHOL

Q.: In general, how often do you consume alcoholic beverages -- that is, beer, wine, or liquor -- never, less than 1 day a month, 1 to 3 days a month, 1 to 2 days a week, 3 to 4 days a week, 5 to 6 days a week, or daily?

	State Variation		
	N	Percent Who Do Not Drink %	Percentage Point Variation From Average
*Total	6263		
Average		20	
Above Average			
Tennessee	127	36	+16
North Carolina	162	33	+13
Georgia	150	27	+7
Louisiana	111	23	+3
Indiana	147	23	+3
Texas	402	23	+3
Missouri	135	21	+1
Average			
Florida	312	20	-
Virginia	148	20	-
Below Average			
Pennsylvania	331	18	-2
Washington	117	18	-2
New Jersey	207	18	-2
Illinois	311	18	-2
Ohio	290	17	-3
California	683	16	-4
Michigan	244	16	-4
Maryland	118	14	-6
Massachusetts	162	13	-7
New York	488	13	-7
Minnesota	114	10	-10
Wisconsin	127	9	-11

(Continued)

Q.23

Table 33 (Continued)

STATE AND SMSA VARIATION IN ADULTS WHO DO NOT DRINK ALCOHOL

	SMSA Variation		
	N	Percent Who Do Not Drink %	Percentage Point Variation From Average
*Total	6263		
Average		20	
Below Average			
Los Angeles SMSA	218	17	-3
Chicago SMSMA	117	16	-4
Philadelphia SMSA	124	15	-5
New York SMSA	212	12	-8
New York City proper (5 Boroughs)	164	11	-9

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.24

Table 34

STATE AND SMSA VARIATION IN THOSE ADULTS WHO ARE HEAVY DRINKERS (3 OR MORE DRINKS)

Q.: On a day when you do drink alcoholic beverages, on average, how many drinks do you have? By a "drink" we mean a drink with a shot of hard liquor, a can or bottle of beer, or a glass of wine.

	State Variation		
	N	Percent Who Drink 3 or More Drinks When They Drink %	Percentage Point Variation From Average
*Total	5022		
Average		28	
Above Average			
Wisconsin	115	38	+10
Pennsylvania	269	36	+8
Minnesota	103	35	+7
Michigan	204	31	+3
Illinois	255	31	+3
Missouri	106	31	+3
Massachusetts	141	30	+2
Texas	310	30	+2
Below Average			
Indiana	113	27	-1
New Jersey	169	27	-1
California	573	27	-1
Ohio	241	26	-2
New York	425	26	-2
Maryland	101	26	-2
Florida	250	25	-3
Virginia	118	23	-5
Georgia	110	23	-5
North Carolina	108	21	-7

(Continued)

Q.24

Table 34 (Continued)

STATE AND SMSA VARIATION IN THOSE ADULTS WHO ARE HEAVY DRINKERS (3 OR MORE DRINKS)

		SMSA Variation	
	N	Percent Who Drink 3 or More Drinks When They Drink %	Percentage Point Variation From Average
*Total	5022		
Average		28	
Above Average			
Philadelphia SMSA	105	34	+6
Below Average			
Los Angeles SMSA	181	25	-3
New York City proper (5 Boroughs)	146	21	-7
New York SMSA	186	20	-8

---

*Total is number of all cases from 1984-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.33

Table 35

STATE AND SMSA VARIATION IN THOSE ADULTS WHO USE RECREATIONAL DRUGS

Q.: How often do you use any recreational drugs, such as marijuana, speed, and downers -- frequently, sometimes, only occasionally, or never?

	State Variation		
	N	Percent Who Are Recreational Drug Users %	Percentage Point Variation From Average
*Total	5009		
Average		7	
Above Average			
California	550	11	+4
New York	388	9	+2
Virginia	119	8	+1
Michigan	193	8	+1
Florida	249	8	+1
Average			
New Jersey	166	7	-
Pennsylvania	263	7	-
Indiana	117	7	-
Below Average			
Ohio	231	6	-1
Texas	326	6	-1
Massachusetts	129	6	-1
Illinois	247	6	-1
Missouri	108	6	-1
Georgia	120	5	-2
Wisconsin	101	4	-3
Tennessee	101	4	-3
North Carolina	130	4	-3

(Continued)

Q.33

Table 35 (Continued)

STATE AND SMSA VARIATION IN THOSE ADULTS WHO USE RECREATIONAL DRUGS

		SMSA Variation	
	N	Percent Who Are Recreational Drug Users %	Percentage Point Variation From Average
*Total	5009		
Average		7	
Above Average			
Los Angeles SMSA	177	10	+3
New York SMSA	176	9	+2
New York City proper (5 Boroughs)	136	9	+2
Below Average			
Philadelphia SMSA	101	6	-1

---

*Total is number of all cases from 1984-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Section 8: Stress

Stress has reached epidemic proportions throughout the country. Fully 29% of those questioned during the five year period of the study indicated that they felt they were under great stress at least several days a week. Tennessee, Louisiana, and Minnesota were slightly below this average, while North Carolina and New York were slightly above it. Overall, however, the state to state variation in stress levels was relatively small.

The major metropolitan areas of the country were slightly above average with respect to the number of people who indicated that they were under a great of stress. The only exception to this was the Chicago area, which was slightly below the national average.

Most of the major metropolitan areas of the country also reported a higher than average proportion of people who take specific steps to control stress. The exception to this trend was the Philadelphia area, 5% below the national average.

Little variation exists among the states with respect to the percentage who take specific steps to control stress. Georgia, Washington and Michigan were slightly above the national average, while North Carolina, Ohio and Tennessee were slightly below. Interestingly, those in North Carolina who reported the highest level of stress in the nation, some 4% above the national average, also report the fewest number of people taking steps to control stress, 5% below the national average (Tables 36 and 37).

Q.20

Table 36

STATE AND SMSA VARIATION IN THOSE ADULTS WHO FEEL UNDER GREAT STRESS AT LEAST SEVERAL DAYS A WEEK

Q.: Almost all people have some stress in their lives, but some have a great deal of stress. How often do you feel under great stress -- almost every day, several days a week, once or twice a week, less often than once a week, or never?

	State Variation		
	N	Percent Who Feel Great Stress at Least Several Days a Week %	Percentage Point Variation From Average
*Total	6263		
Average		29	
Above Average			
North Carolina	162	33	+4
New York	488	32	+3
Texas	402	31	+2
Pennsylvania	331	31	+2
Wisconsin	127	31	+2
Virginia	148	30	+1
Missouri	135	30	+1
Average			
California	683	29	-
Washington	117	29	-
Illinois	311	29	-
Maryland	118	29	-
Michigan	244	29	-
Below Average			
Massachusetts	162	28	-1
Georgia	150	28	-1
Ohio	290	28	-1
New Jersey	207	28	-1
Florida	312	27	-2
Indiana	147	27	-2
Minnesota	114	25	-4
Louisiana	111	24	-5
Tennessee	127	23	-6

(Continued)

Q.20

Table 36 (Continued)

STATE AND SMSA VARIATION IN THOSE ADULTS WHO FEEL UNDER GREAT STRESS AT LEAST SEVERAL DAYS A WEEK

	SMSA Variation		
	N	Percent Who Feel Great Stress at Least Several Days a Week	Percentage Point Variation From Average
		%	
*Total	6263		
Average		29	
Above Average			
New York City proper (5 Boroughs)	164	32	+3
Philadelphia SMSA	124	31	+2
Los Angeles SMSA	218	31	+2
New York SMSA	212	30	+1
Below Average			
Chicago SMSA	117	28	-1

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Q.21

Table 37

STATE AND SMSA VARIATION IN THOSE ADULTS WHO TAKE SPECIFIC STEPS TO CONTROL STRESS

Q.: Do you consciously take steps to control or reduce the stress in your life, or not?

	State Variation		
	N	Percent Who Take Specific Steps to Control Stress %	Percentage Point Variation From Average
*Total	6263		
Average		67	
Above Average			
Georgia	150	71	+4
Washington	117	71	+4
Michigan	244	71	+4
California	683	69	+2
Pennsylvania	331	69	+2
Indiana	147	69	+2
New York	488	69	+2
Virginia	148	68	+1
Illinois	311	68	+1
Missouri	135	68	+1
Louisiana	111	68	+1
Average			
New Jersey	207	67	-
Below Average			
Texas	402	66	-1
Massachusetts	162	66	-1
Florida	312	65	-2
Maryland	118	65	-2
Wisconsin	127	65	-2
Minnesota	114	64	-3
Tennessee	127	62	-5
Ohio	290	62	-5
North Carolina	162	62	-5

(Continued)

Q.21

Table 37 (Continued)

STATE AND SMSA VARIATION IN THOSE ADULTS WHO TAKE SPECIFIC STEPS TO CONTROL STRESS

	SMSA Variation		
	N	Percent Who Take Specific Steps to Control Stress	Percentage Point Variation From Average
		%	
*Total	6263		
Average		67	
Above Average			
Los Angeles SMSA	218	72	+5
New York SMSA	212	72	+5
New York City proper (5 Boroughs)	164	71	+4
Chicago SMSA	117	68	+1
Below Average			
Philadelphia SMSA	124	62	-5

---

*Total is number of all cases from 1983-1987. Only those states and SMSAs with 100 or more cases were used in the creation of this table.

Section 9: Special Topics in Disease Prevention: How States Are Responding to the AIDS Epidemic

For the most part, insufficient data exists to thoroughly analyze how the country is responding on a state by state basis to the AIDS epidemic. However, some information does exist that can be useful. In the two years for which data are available, a total of 13% of those questioned think that they, themselves, run the risk of catching AIDS. Florida, New York, Illinois and California report above average numbers of people who feel this way, figures which are encouraging since three of these four states contain the major urban areas where AIDS is most prevalent (Miami, New York and San Francisco). Encouraging, too, is the fact that California, New York and Florida are among the states with the highest percentage of people taking precautions to avoid AIDS.

Not surprisingly, those in California are most likely to think that AIDS will become an epidemic in the next five years (4% above the national average). It is surprising, however, that those in Florida, do not feel this way (8% below the national average) despite the fact that the city of Miami has a relatively high rate of AIDS. This may be due to the fact that Florida also contains the highest number of people 65 years of age and older who are among those least likely to contract the virus (Tables 38, 39, and 40).

Q.45

Table 38

STATE AND SMSA VARIATION IN THOSE WHO THINK THEY RUN THE RISK OF CATCHING AIDS

Q.: Do you think that you run any risk of catching AIDS, or not?

	State Variation		
	N	Percent Who Think That They Run Risk of Catching AIDS	Percentage Point Variation From Average
		%	
*Total	2506		
Average		13	
Above Average			
Florida	125	18	+5
New York	192	17	+4
Illinois	122	16	+3
California	279	15	+2
Average			
Texas	166	13	-
Below Average			
Pennsylvania	131	12	-1
Ohio	114	11	-2

---

*Total is number of all cases from 1985 and 1987. Only those states with over 100 cases were used in the creation of this table.

Q.46

Table 39

STATE AND SMSA VARIATION IN THOSE ADULTS WHO TAKE SPECIAL STEPS TO AVOID CATCHING AIDS

Q.: Do you take any special steps or precautions to avoid catching AIDS, or not?

		State Variation	
	N	Percent Who Take Precautions to Avoid AIDS	Percentage Point Variation From Average
		%	
*Total	2506		
Average		44	
Above Average			
California	279	52	+8
New York	192	51	+7
Florida	125	50	+6
Texas	166	48	+4
Ohio	114	45	+1
Below Average			
Pennsylvania	131	40	-4
Illinois	122	37	-7

---

*Total is number of all cases from 1985 and 1987. Only those states with over 100 cases were used in the creation of this table.

Q.44

Table 40

STATE AND SMSA VARIATION IN THE PERCENTAGE OF ADULTS WHO THINK AIDS WILL BE A MAJOR EPIDEMIC IN THE NEXT FIVE YEARS

Q.: Now a couple questions about the disease called AIDS -- Acquired Immune Deficiency Syndrome. Do you think five years from now that AIDS will be under control, or that it will be a growing problem, or that it will be a major epidemic?

	State Variation		
	N	Percent Who Think AIDS Will Be an Epidemic in Next Five Years %	Percentage Point Variation From Average
*Total	2506		
Average		39	
Above Average			
California	279	43	+4
Ohio	114	41	+2
Pennsylvania	131	40	+1
Below Average			
New York	192	38	-1
Illinois	122	38	-1
Texas	166	35	-4
Florida	125	31	-8

---

*Total is number of all cases from 1985 and 1987. Only those states with over 100 cases were used in the creation of this table.

APPENDIX A: SURVEY METHOD

The survey data in this report are based on interviews with 1,250 randomly selected adults across the country, conducted each fall between 1983 and 1987. The overall completion rate for these surveys was approximately 71% of eligible households reached. The 29% noncompletion rate includes initial refusals, plus terminations during the course of the interview.

The 1987, 1986, 1985, 1984 and 1983 surveys followed the same procedures in every detail in order to facilitate comparisons.

Introduction

Louis Harris and Associates' telephone surveys are based on a national sample of the civilian population (18 years of age and older) of the United States. Those living in Alaska and Hawaii are not represented, nor are those in prisons, hospitals, or religious and educational institutions, unless such individuals have their own outside phone line. Samples are based on the Census Bureau's adult population figures for each state in the country. These figures are updated by intercensal estimates produced annually by the Census Bureau, and sample locations are selected biennially to reflect changes in the country's demographic and geographic profile.

National samples are stratified on two dimensions -- geographic region and metropolitan versus nonmetropolitan residence. Stratification ensures that the sample will reflect, within 1%, those living in different regions of the country and those living in SMSA's and non-SMSA's. Within each stratum, the selection of the primary sampling unit (PSU) is achieved through multistage, unclustered sampling. Each PSU yields one interview. First states, then counties, and then minor civil divisions are selected, with probability of selection proportionate to Census Bureau estimates of their respective populations.

Random Digit Dialing

Louis Harris and Associates employs a random-digit-dialing procedure to select households within primary sampling units. Random digit dialing is a significant improvement over previously used techniques, extending the potential coverage rate to almost 95% of the U.S. population.

Unless some method of random digit dialing is used, telephone samples must be drawn directly from published lists. However, since the population of unlisted phone number subscribers is large and demographically dissimilar to subscribers with listed phone numbers, reliance on telephone directories alone yields seriously biased samples. For this reason, using published phone listings as the universe is inadequate for telephone surveys and inferior to using random digit dialing.

The use of a random-digit-dialing method offers other important advantages:

-- The sample is highly representative.

-- Unlisted telephone numbers have the same probability of inclusion in the sample as listed numbers. This is particularly important in reaching both high income and minority populations.

-- Respondents are geographically dispersed, rather than clustered.

-- Households with multiple phone listings have the same probability of inclusion in the sample as households with a single phone listing.

Sample Development

Virtually all of the hundreds of national telephone surveys conducted by the Harris organization each year are based on a modified, stratified, random-digit-dialing method. In addition, Harris telephone surveys use a stratified area-probability approach rather than a single-stage sample.

There are three important advantages to using an area-probability approach:

-- It allows greater stratification of the population (Harris samples have twelve strata).

-- It allows comparisons with Census Bureau data and other published demographic information that have a geographic base.

-- It is compatible with sampling for in-person interviewing, thus providing greater versatility in study design.

The sample is developed in a multistage process. First, a listing is constructed of the latest estimates of the adult population of every state within each region in rank order, then a running cumulative total of gross sums is produced. Next, a skip factor is calculated as t/n, where t is the adult population of the stratum and n is the number of sample points needed. Then a random number, Ψ, smaller than the skip factor, is selected. Beginning with the random number Ψ, the sample points are then assigned according to where the numbers Ψ, $(\Psi + t/n)$, $(\Psi + 2\ t/n)$, $(\Psi + 3\ t/n)\ldots$
$(\Psi + (n-1)\ t/n)$ fall on the running cumulative total of the adult population within that stratum. This same procedure is applied to each state within each region to form PSU's.

At the next stage of selection, one telephone number for each PSU is randomly selected from the updated Harris library of telephone directories. The selected numbers are then altered by dropping the last two digits (or occasionally just the last digit in rural areas) and replacing them with randomly selected two-digit numbers. As many randomly selected two-digit numbers as needed are successively appended until a working residential number is reached or until an interview is completed in each PSU. Technically, this method of sampling produces an epsem sample of all published banks of telephone numbers, i.e. a sample with an equal probability of selection method.

Stratification of Telephone Sample

The core telephone exchanges are stratified by two variables -- geographic region and place of residence. The United States is divided into four regions, as follows:

1. East: Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania, Delaware, Maryland, District of Columbia, and West Virginia.
2. South: Virginia, North Carolina, South Carolina, Florida, Georgia, Kentucky, Tennessee, Alabama, Mississippi, Arkansas, Louisiana, Texas, and Oklahoma.
3. Midwest: Ohio, Michigan, Indiana, Illinois, Wisconsin, Minnesota, Iowa, Missouri, Kansas, Nebraska, South Dakota, and North Dakota.
4. West: Montana, Wyoming, Colorado, New Mexico, Arizona, Utah, Idaho, Nevada, California, Oregon, and Washington.

We also use three categories for place of residence:

1. Central City: Every place defined by the Census Bureau as a central city of a Standard Metropolitan Statistical Area.
2. Rest of Metropolitan Area: Every place that is not a central city but is within SMSA boundaries.
3. Outside Metropolitan Area: Every place that is not included in any of the other two categories.

We then define each place of residence category within each region as a stratum.

Control of the Sample

In order to maintain reliability and integrity in the sample, the telephone field staff follows these procedures when a respondent contact is attempted:

-- A nonanswering telephone is dialed two more times over a three-day period. At the end of this time, if no contact is made, a new telephone number is generated for that PSU.

-- If a business telephone is reached or if contact is made with a household in which a potential respondent presents a language barrier, a new telephone number is generated for that PSU.

-- Once a residential contact is established, the interviewer uses a respondent selection procedure to designate someone in the household for the interview.

Respondent Selection

Within each household contacted for the survey, the interviewer uses a respondent selection procedure to determine which adult member of the household will be interviewed. Under the standardized procedure, the interviewer asks for one of the following household members, in order of priority: (1) youngest adult male at home; (2) next youngest adult male at home; (3) youngest adult female at home; or (4) next youngest adult female at home. This procedure results in a good distribution of respondents by sex and age. It also avoids automatically accepting as a respondent the adult in the household who routinely answers the phone.

Callback Strategy

In order to attain the highest possible response rates within reasonable cost constraints, callbacks are made according to the following guidelines:

No Answer/Not-at-Homes: An initial call and then two callbacks to reach an adult member of the household. Callbacks are made on different days and at different times of the day. After the third call, the household is replaced by another number in that PSU.

Refusals: One callback to try to convert any designated respondent who has refused or terminated an interview. If after the conversion attempt the designated respondent still declines the interview, another household is selected in that PSU.

Unavailable Respondents: An initial call and two callbacks to reach the designated member of the household. If after the third call the respondent is still not available for the interview, another household is selected in that PSU.

Busy Signals: An initial call, a followup fifteen minutes later, and two callbacks to reach a member of the household. Callbacks are made on different days and at different times of the day. If the telephone is still busy after the fourth call, a new number is selected in that PSU and the household is replaced.

Weighting

National public cross sections are weighted to the Census Bureau's latest population parameters on sex, race, age, and income. This adjusts these key variables, where necessary, to their actual proportions in the population. Only slight weighting is necessary in Harris samples (see Table A-1) to correct for sub-group variations in telephone penetration and non- response rates.

All surveys tend to underrepresent to some extent the most disadvantaged stratum of society due to the inherent difficulty of reaching them. Weighting of data by race and income serves to correct any such underrepresentation and to assure that final results are fully projectable.

Sampling Error

The results achieved from national public cross sections are subject to sampling error. Sampling error is defined as the difference between the results obtained from the sample and those that would have been obtained had the entire population been surveyed. The size of sampling error varies both with the size of the sample and with the percentage giving a particular answer. The following table sets forth the range of error in samples of different sizes at different percentages of response:

RECOMMENDED ALLOWANCE FOR SAMPLING ERROR OF PROPORTIONS (PLUS OR MINUS)

Sampling Tolerances (at 95% Confidence Level)
To Use in Evaluating Any Individual Percentage Result

Approximate Sample Size of Any Group Asked Question on Which Survey Result Is Based	Approximate Magnitude of Results				
	Survey Percentage Result at 10% or 90%	Survey Percentage Result at 20% or 80%	Survey Percentage Result at 30% or 70%	Survey Percentage Result at 40% or 60%	Survey Percentage Result at 50%
1,250	2	2	3	3	3
1,000	2	2	3	3	3
500	3	4	4	4	4
300	3	5	5	6	6
200	4	6	6	7	7
100	6	8	9	10	10
50	8	11	13	14	14

For example, if the response for a sample size of 1,000 is 30%, in 95 cases out of 100 the response in the total population would be between 27% and 33%.

Note that survey results based on subgroups of small size can be subject to large sampling error. For example, the results based on the 77 Hispanics in the sample could be subject to a sampling error of up to ±11.

The recommended allowances for sampling error were calculated based on a simple random sample.

Significance of Difference Between Proportions

The difference between the percentage responses given by two independent samples to the same question may or may not be significant. To determine whether or not such a difference is indeed significant, the size of the samples involved and the percentage giving each response must be taken into account. The following table shows the margin of error that must be allowed for different sample sizes at different percentages of response:

SAMPLING ERROR OF DIFFERENCE BETWEEN PROPORTIONS

Sampling Tolerances (at 95% Confidence Level)
To Use in Evaluating Differences Between Two Percentage Results

Approximate Sample Size of Two Groups Asked Question on Which Survey Results Are Based		Approximate Magnitude of Results				
		Survey Percentage Results at 10% or 90%	Survey Percentage Results at 20% or 80%	Survey Percentage Results at 30% or 70%	Survey Percentage Results at 40% or 60%	Survey Percentage Results at 50%
1,250 vs.	1,250	2	3	4	4	4
	1,000	2	3	4	4	4
	500	3	4	5	5	5
	300	4	5	6	6	6
	200	4	6	7	7	7
	100	6	8	9	10	10
	50	8	11	13	14	14
1,000 vs.	1,000	3	4	4	4	4
	500	3	4	5	5	5
	300	4	5	6	6	6
	200	5	6	7	7	8
	100	6	8	9	10	10
	50	9	11	13	14	14
500 vs.	500	4	4	6	6	6
	300	4	6	7	7	7
	200	6	7	8	8	8
	100	7	9	10	11	11
	50	9	12	13	14	15
300 vs.	300	5	6	7	8	8
	200	5	7	8	9	9
	100	7	9	10	11	11
	50	9	12	14	15	15
200 vs.	200	6	8	9	10	10
	100	7	10	11	12	12
	50	9	12	14	15	15
100 vs.	100	8	11	13	14	14
	50	10	14	16	17	17
50 vs.	50	12	16	18	19	20

For example, suppose one group of size 1,000 has a response of 34% "yes" for a question, and an independent group of size 300 has a response of 27% "yes" for the same question, for a difference of 7 percentage points. According to the table, this difference is subject to a potential sampling error of plus or minus 6 percentage points. Since the observed difference is greater than the potential sampling error, the observed difference is significant. Moreover, if the entire population were interviewed, the difference would be from 1 to 13 percentage points (the 7-point observed difference plus or minus the 6-point potential sampling error) in 95 cases out of 100.

The recommended allowances for significance of difference apply both to comparisons between surveys from any two years as well as to subgroup comparisons within any one year's survey.

The recommended allowances for significance of difference were calculated based on a simple random sample.

Sampling error is only one way in which survey findings may vary from the findings that would result from interviewing every adult member of the population. Survey research is susceptible to human and mechanical errors as well, such as interviewer recording and data handling errors. However, the procedures used by the Harris firm keep errors of this kind to a minimum.

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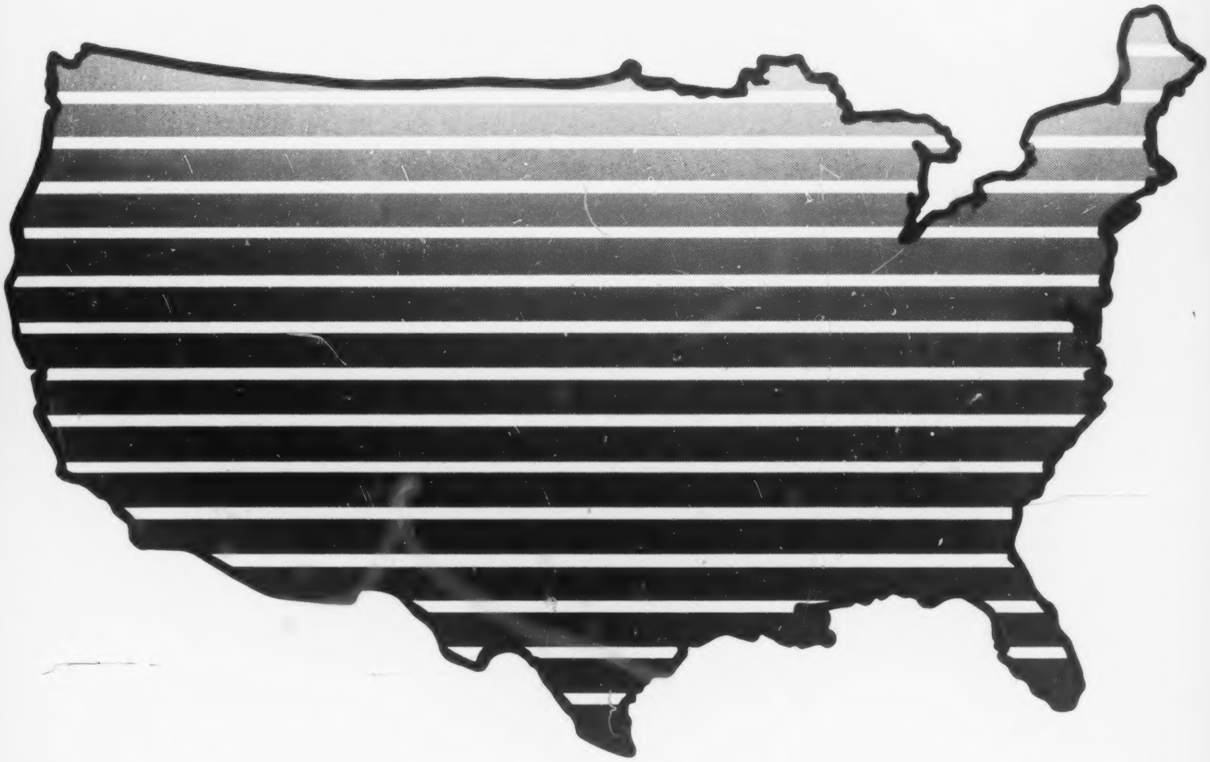
Health Across America:

Prevention Practices in Major States and Cities

Summary Report



Surveys conducted for *Prevention*® Magazine
by Louis Harris and Associates, Inc.

Health Across America:

Prevention Practices in Major States and Cities

Summary Report

A Prevention® Magazine report
from survey research by
Louis Harris and Associates, Inc.

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Introduction

Every state and city is unique, with its own geography, history, economy and demography. All these factors have an impact on the lifestyle of the residents. This report examines the health behavior of people in different parts of America, focusing on diet, exercise, weight control, safety, smoking, drinking and drug use.

To pinpoint the differences in health- and safety-related practices among individual states and cities, data from five years of Louis Harris surveys for Prevention Magazine were compiled and analyzed. Altogether, 6,263 individuals were interviewed in the 48 contiguous states between November, 1983 and November, 1987.

To insure reliability, only states or cities where at least 100 individuals had been interviewed during this period were included. This allowed an analysis of the 21 most populous states, representing approximately 78 percent of the total U.S. population, and four of the largest metropolitan areas: New York, Philadelphia, Chicago and Los Angeles.

Prevention in different states and cities

The results show that of those states for which reliable data were available, Florida ranked first as the state most committed to prevention practices.* Virginia, Massachusetts, New York, California and Washington also scored well on the Prevention Index.

At the other end of the continuum were those states with below-average scores on the Index. These states included Minnesota, with the lowest score, and Wisconsin, Indiana, Ohio, Tennessee, Louisiana, Missouri and North Carolina.

Among the major metropolitan areas, New York City was highest on the Index, followed closely by the entire New York metropolitan area. Los Angeles ranked next, although only slightly above the average for the country as a whole. Philadelphia was just below the average, with Chicago trailing considerably.

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*The overall ratings are based on the Prevention Index, a composite score derived from 21 key health-promoting activities. See the section titled "Index ratings" on page 4 for more details.

Study highlights

DIET: The surveys examined six areas related to diet: efforts to limit consumption of sodium, fat, cholesterol and sugar, and efforts to get enough fiber and vitamins and minerals. States showing the highest concern for these key nutritional behaviors were Florida, Pennsylvania and California. People in Minnesota, Tennessee and Missouri showed the least concern with these behaviors.

Among cities, Philadelphia had the best record for good nutrition, followed by the New York metropolitan area. Chicago residents had the worst record in this category.

EXERCISE: Virginia, California, Massachusetts, Louisiana and Florida were the states with the highest proportion of people exercising strenuously on a regular basis.* Forty-two percent of Virginia residents report that they get strenuous exercise at least three times a week--nine points above the national average of 33 percent.

New York, Wisconsin, Ohio, New Jersey and Indiana had the smallest percentage of people getting regular strenuous exercise, ranging from four to eight points below the national average.

The major urban centers were generally below average in the proportion of people exercising regularly. The one exception was Los Angeles, four percentage points above the national average. Chicago was six points below average in this category; New York, seven points below.

WEIGHT CONTROL: It is not surprising that California, the second ranking state in exercise, is the thinnest state in the nation. Forty-eight percent of Californians are overweight, compared to the national average of 55 percent. Other thin states are Georgia, Washington, and Texas.

Missouri gained distinction as the nation's fattest state, with 65 percent of its people overweight. Other heavy states were Maryland, Wisconsin, Pennsylvania and Louisiana.

The New York metropolitan area was the urban center with the smallest proportion of overweight people, fully eight percent below the national average. At the other end were Philadelphia and Chicago, nine and eight percentage points above average, respectively.

**Strenuous exercise* is defined as exercising so that "you breathe heavily and your heart and pulse rate are accelerated for a period lasting at least 20 minutes," and *regular* means "three days a week or more."

HOME SAFETY: A considerable majority of Americans--80 percent--report that they take precautions to avoid accidents around their homes. This rate varies only moderately among states. There are large variations, however, in the number of people who have smoke detectors in their homes.

In Maryland, for instance, 95 percent of those interviewed said they had smoke detectors, 19 points above the national average of 76 percent. Other states with good smoke detector records were Massachusetts, New Jersey and Minnesota.

In Louisiana, however, just 61 percent of people report having home smoke detectors. Florida, Georgia and Texas are also far below average in this regard.

Philadelphia leads the way among cities, with 84 percent of residents saying they have smoke detectors in their homes. Los Angeles is at the other end, with 72 percent of residents having smoke detectors.

SPEEDING: Nationwide, only 52 percent of drivers questioned said they never exceeded the speed limit. People in Minnesota have the best record for obeying speed laws, with 64 percent saying they never speed. Other states with good driving records are Illinois, Pennsylvania, Missouri and North Carolina.

The worst state for speeding is Tennessee, with just 38 percent of people there saying they never break the speed limit. Maryland, Massachusetts and California also have poor records here, ranging from six to ten points below the national average.

Residents of Chicago are more speed-conscious than people in other major cities. Sixty-four percent of drivers there say they never speed, compared to just 43 percent of drivers in Los Angeles who make that claim.

DRIVING AFTER DRINKING: More people in Wisconsin drive after drinking than people in any other state. Fifty-four percent said they sometimes drive after drinking, 20 percentage points above the national average of 34 percent.

Other states with above-average driving after drinking are Michigan, Illinois, Pennsylvania and Indiana. On the other hand, Georgia, Virginia and Ohio had below-average numbers of drivers who drove after drinking.

Among the metropolitan areas, drivers in both New York and Los Angeles are below the national average in the percentage who report driving after drinking.

SMOKING AND ALCOHOL USE: Although smoking does not vary much from state to state, drinking varies considerably. More than one-third of Tennesseans--36 percent--say they never drink alcoholic beverages, a rate 16 points above the national average of 20 percent. In Wisconsin, however, fewer than one person in ten is a teetotaler.

Of those people who do drink, some 28 percent are heavy drinkers.* Wisconsin leads the nation in percentage of heavy drinkers, 10 points above the national average, with Pennsylvania and Minnesota close behind. North Carolina, Georgia and Virginia had the smallest proportion of heavy drinkers.

All four major urban areas are below average in the percentage of people who don't drink, with New York City fully nine points under the national level. When it comes to heavy drinking, however, Philadelphia is six points above the average (28%), while the New York metropolitan area is eight points below the average.

DRUG USE: Recreational drug use is highest in California, where more than one in ten adults--11 percent-- say they sometimes use illegal drugs. Other states with drug use levels above the seven percent national average are New York, Virginia, Michigan and Florida. Drug use is lowest in North Carolina, Tennessee, Wisconsin and Georgia.

The Los Angeles area reported the highest drug use for metropolitan areas, 3 percent above the national average. New York was also slightly above the average in this category, with Philadelphia slightly below.

Index ratings

The overall ratings are based on the Prevention Index, a composite score derived from 21 key health-promoting activities. Each activity is weighted for its health impact, and the total values adjusted to a scale of 100. So an index score of 100 would mean that everyone was doing all 21 preventive acts; zero would mean that nobody was doing any of them.

Table 6 shows the 21 behaviors that comprise the Index, listed in order of decreasing importance as rated by experts in the field of public health. The

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**Heavy drinking* is defined as "three or more drinks on a day when you do drink."

first column of numbers shows the percentage of adults who practice each behavior, as determined by the latest Harris survey. The second column gives the experts' rating on its importance for preventing disease and promoting health. (The scale is from 1 to 10, with 10 being the most important.)

Using this index, the proportion of people in a state or major metropolitan area who reported compliance with each prevention behavior was weighted, and the weighted scores were then added. The results are shown in Tables 1 and 3. The average for the total sample was 63.38 on a scale of 100.

The big picture

The study highlights have described some of the variations in the health behavior of Americans who live in different areas of the country. Table 2 shows the amount of variation between the metropolitan areas; Table 4 shows the state differences. Table 5 is a summary of states and cities with the best--and worst--records in some key behaviors.

While some behaviors--such as not smoking and taking steps to control stress--are fairly uniform throughout the nation, others--like having a smoke detector or obeying the speed limit--vary widely.

The Appendix contains tables showing how the individual states and cities rate on each health behavior. Tables 7 to 11 cover the metropolitan areas; tables 12 to 32 are for the states. These tables are in alphabetical order, with the cities first.

At this point, specific reasons for the differences are a matter of speculation. With additional data, it will be possible to begin analyzing some of the population characteristics that underlie these behavior variations. The initial goal was simply to identify states which are substantially above or below average on the key prevention practices measured by the survey, and to help health policymakers identify areas where their state or city excels, or where additional efforts might be useful.

Notes on the Tables

Not all the behaviors examined in this report applied to the entire sample. For instance, only drivers were included for the results of driving after drinking, and only drinkers were included in the moderate drinking category. Other behaviors--such as the use of recreational drugs--were not examined every year.

As a result, not all 21 states had a sample size large enough to be included in every health activity rating. The behaviors which had fewer than 21 states included are as follows: "Do not smoke" and "Always obey speed limit," 20 states; "Drink alcohol moderately," 18 states; "Don't use recreational drugs," 17 states; "Avoid driving after drinking," 14 states.

Similarly, the behaviors which had fewer than five metropolitan areas included are: "Always obey speed limit," "Don't use recreational drugs" and "Drink alcohol moderately," four cities; "Avoid driving after drinking," two cities.

Table 1

Prevention Index Scores for Major Metropolitan Areas

	N	Prevention Index Score	Variation From Average
Total	6263		
Average		63.38	
Above average			
New York City (Five Boroughs)	164	64.55	+1.17
New York SMSA	212	64.39	+1.01
Los Angeles SMSA	218	63.73	+ .35
Below average			
Philadelphia SMSA	124	63.20	- .18
Chicago SMSA	117	62.25	-1.13

Source: Louis Harris surveys for Prevention Magazine.

Table 2

Variations in Metropolitan Area Health Behavior

Health-Promoting Behavior	High Score (%)	Low Score (%)	National Average (%)	Difference Between High/Low Scores (Percentage Points)
Limit sodium in diet	62	53	54	9
Limit fat in diet	60	56	56	4
Limit cholesterol in diet	47	42	43	5
Limit sugar in diet	54	47	50	7
Consume fiber	61	49	59	12
Get adequate vitamins/minerals	67	58	61	9
Frequent strenuous exercise	37	26	33	11
Maintain proper weight	27	18	24	9
Avoid home accidents	81	75	79	6
Smoke detector in home	84	72	76	12
Always obey speed limit	64	43	52	21
Wear seat belt	51	38	40	13
Avoid driving after drinking	69	67	66	2
Annual blood pressure test	86	79	84	7
Annual dental examination	79	72	75	7
Do not smoke	79	73	77	6
Do not drink	17	11	20	6
Drink alcohol moderately	80	66	72	14
Don't use recreational drugs	94	90	93	4
Take steps to control stress	72	62	67	10

Source: Louis Harris surveys for Prevention Magazine.

Table 3

Prevention Index Scores for Major States

	N	Prevention Index Score	Variation From Average
Total	6263		
Average		63.38	
Above Average			
Florida	312	65.05	+1.67
Virginia	148	64.34	+ .96
Massachusetts	162	64.28	+ .90
New York	488	64.15	+ .77
California	683	64.07	+ .69
Washington	117	63.98	+ .60
Michigan	244	63.95	+ .57
Pennsylvania	331	63.77	+ .39
Georgia	150	63.68	+ .30
Texas	402	63.50	+ .12
Below Average			
New Jersey	207	63.35	- .03
Maryland	118	63.07	- .31
Illinois	311	62.76	- .62
North Carolina	162	62.57	- .81
Missouri	135	62.25	-1.13
Louisiana	111	62.15	-1.23
Tennessee	127	62.05	-1.33
Ohio	290	61.98	-1.40
Indiana	147	61.50	-1.88
Wisconsin	127	61.42	-1.96
Minnesota	114	60.48	-2.90

Source: Louis Harris surveys for Prevention Magazine.

Table 4

Variations in State Health Behavior

Health-Promoting Behavior	High Score (%)	Low Score (%)	National Average (%)	Difference Between High/Low Scores (Percentage Points)
Limit sodium in diet	60	43	54	17
Limit fat in diet	65	47	56	18
Limit cholesterol in diet	51	33	43	18
Limit sugar in diet	61	42	50	19
Consume fiber	66	51	59	15
Get adequate vitamins/minerals	69	51	61	18
Frequent strenuous exercise	42	25	33	17
Maintain proper weight	30	19	24	11
Avoid home accidents	84	72	79	12
Smoke detector in home	95	61	76	34
Always obey speed limit	64	38	52	26
Wear seat belt	52	28	40	24
Avoid driving after drinking	71	46	66	25
Annual blood pressure test	88	76	84	12
Annual dental examination	86	67	75	19
Do not smoke	80	72	77	8
Do not drink	36	9	20	27
Drink alcohol moderately	79	62	72	17
Don't use recreational drugs	96	89	93	7
Take steps to control stress	71	62	67	9

Source: Louis Harris surveys for Prevention Magazine.

Table 5

The Best and Worst Records in Key Health-Promoting Behaviors

Limit fat in diet

Best: Florida, Masssachusetts
Philadelphia
Worst: Minnesota, Missouri, Wisconsin
Chicago, Los Angeles

Limit cholesterol in diet

Best: Pennsylvania, Florida, Massachusetts
Philadelphia, New York Metro
Worst: Minnesota, Missouri, Louisiana
Los Angeles

Consume fiber

Best: Florida, Georgia, Tennessee
Los Angeles
Worst: Minnesota, Indiana, Washington
New York City

Frequent strenuous exercise

Best: Virginia, California, Massachusetts
Los Angeles
Worst: New York, Wisconsin, Ohio
Chicago

Maintain proper weight

Best: Minnesota, Georgia, Tennessee
Los Angeles
Worst: Missouri, Illinois
Philadelphia

Table 5, continued

Smoke detector in home

Best: Maryland, Massachusetts, New Jersey
Philadelphia
Worst: Louisiana, Florida, Georgia
Los Angeles

Always obey speed limit

Best: Minnesota, Illinois, Pennsylvania
Chicago
Worst: Tennessee, Maryland
Los Angeles

Avoid driving after drinking

Best: Georgia, Virginia, Ohio
Los Angeles
Worst: Wisconsin, Michigan, Illinois
New York Metro

Do not smoke

Best: Georgia, Wisconsin
Los Angeles
Worst: Ohio, Florida, Minnesota
Philadelphia

Do not drink

Best: Tennessee, North Carolina, Georgia
Los Angeles
Worst: Wisconsin, Minnesota
New York City

Table 6

The Prevention Index, 1988

Health-Promoting Behavior	Adults Practicing (%)	Experts' Rating, Scale 1-10
1. Do not smoke	72	9.78
2. Avoid smoking in bed	92	9.24
3. Wear seat belt	57	9.16
4. Avoid driving after drinking	77	9.03
5. Smoke detector in home	82	8.53
6. Socialize regularly	83	8.31
7. Frequent strenuous exercise	35	8.20
8. Drink alcohol moderately	88	8.15
9. Avoid home accidents	81	8.07
10. Limit fat in diet	54	7.82
11. Maintain proper weight	24	7.71
12. Always obey speed limit	55	7.65
13. Annual blood pressure test	84	7.62
14. Take steps to control stress	68	7.58
15. Consume fiber	60	7.41
16. Limit cholesterol in diet	42	7.15
17. Get adequate vitamins/minerals	59	7.12
18. Annual dental examination	75	7.08
19. Limit sodium in diet	54	7.04
20. Limit sugar in diet	49	6.90
21. 7-8 hours sleep/night	61	6.71

Source: Louis Harris surveys for Prevention Magazine.

Appendix

Information on Individual Cities and States

Table 7

Health Behavior in the Chicago Metropolitan Area

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 5)
Above Average			
Always obey speed limit	64	+12	1
Limit sodium in diet	60	+ 6	2
Smoke detector in home	81	+ 5	2
Wear seat belt	44	+ 4	4
Limit cholesterol in diet	45	+ 2	4
Do not smoke	78	+ 1	2
Take steps to control stress	68	+ 1	4
Average			
Limit fat in diet	56	0	4
Below Average			
Annual blood pressure test	82	- 2	4
Limit sugar in diet	47	- 3	5
Get adequate vitamins/minerals	58	- 3	5
Annual dental examination	72	- 3	5
Do not drink	16	- 4	2
Avoid home accidents	75	- 4	5
Maintain proper weight	19	- 5	4
Consume fiber	53	- 6	3
Frequent strenuous exercise	26	- 7	5

Source: Louis Harris surveys for Prevention Magazine.

Table 8

Health Behavior in the Los Angeles Metropolitan Area

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 5)
Above Average			
Wear seat belt	47	+ 7	3
Take steps to control stress	72	+ 5	1
Annual dental examination	79	+ 4	1
Frequent strenuous exercise	37	+ 4	1
Get adequate vitamins/minerals	65	+ 4	2
Maintain proper weight	27	+ 3	1
Drink alcohol moderately	75	+ 3	3
Do not smoke	79	+ 2	1
Consume fiber	61	+ 2	1
Avoid driving after drinking	67	+ 1	2
Limit sugar in diet	51	+ 1	4
Average			
Limit fat in diet	56	0	4
Below Average			
Avoid home accidents	78	- 1	2
Limit cholesterol in diet	42	- 1	5
Limit sodium in diet	53	- 1	5
Do not drink	17	- 3	1
Don't use recreational drugs	90	- 3	4
Smoke detector in home	72	- 4	5
Annual blood pressure test	79	- 5	5
Always obey speed limit	43	- 9	4

Source: Louis Harris surveys for Prevention Magazine.

Table 9

Health Behavior in New York City

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 5)
Above Average			
Wear seat belt	51	+11	1
Limit sodium in diet	62	+ 8	1
Drink alcohol moderately	79	+ 7	2
Limit sugar in diet	54	+ 4	1
Annual dental examination	79	+ 4	1
Take steps to control stress	71	+ 4	3
Limit cholesterol in diet	46	+ 3	3
Limit fat in diet	58	+ 2	3
Annual blood pressure test	85	+ 1	2
Average			
Maintain proper weight	24	0	3
Below Average			
Smoke detector in home	75	- 1	3
Always obey speed limit	50	- 2	2
Don't use recreational drugs	91	- 2	2
Avoid home accidents	77	- 2	4
Get adequate vitamins/minerals	59	- 2	4
Do not smoke	74	- 3	3
Frequent strenuous exercise	27	- 6	3
Do not drink	11	- 9	5
Consume fiber	49	-10	5

Source: Louis Harris surveys for Prevention Magazine.

Table 10

Health Behavior in the New York Metropolitan Area

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 5)
Above Average			
Wear seat belt	50	+10	2
Drink alcohol moderately	80	+ 8	1
Limit sodium in diet	60	+ 6	2
Take steps to control stress	72	+ 5	1
Limit cholesterol in diet	47	+ 4	1
Avoid driving after drinking	69	+ 3	1
Limit sugar in diet	53	+ 3	2
Limit fat in diet	59	+ 3	2
Annual dental examination	77	+ 2	2
Annual blood pressure test	85	+ 1	2
Maintain proper weight	25	+ 1	2
Below Average			
Avoid home accidents	78	- 1	2
Smoke detector in home	75	- 1	3
Get adequate vitamins/minerals	60	- 1	3
Always obey speed limit	50	- 2	2
Don't use recreational drugs	91	- 2	2
Do not smoke	74	- 3	3
Frequent strenuous exercise	27	- 6	3
Do not drink	12	- 8	4
Consume fiber	50	- 9	4

Source: Louis Harris surveys for Prevention Magazine.

Table 11

Health Behavior in the Philadelphia Metropolitan Area

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 5)
Above Average			
Smoke detector in home	84	+ 8	1
Get adequate vitamins/minerals	67	+ 6	1
Limit fat in diet	60	+ 4	1
Limit cholesterol in diet	47	+ 4	1
Limit sodium in diet	57	+ 3	4
Avoid home accidents	81	+ 2	1
Annual blood pressure test	86	+ 2	1
Annual dental examination	77	+ 2	3
Limit sugar in diet	52	+ 2	3
Don't use recreational drugs	94	+ 1	1
Average			
Consume fiber	59	0	2
Below Average			
Frequent strenuous exercise	31	- 2	2
Wear seat belt	38	- 2	5
Do not smoke	73	- 4	5
Do not drink	15	- 5	3
Take steps to control stress	62	- 5	5
Drink alcohol moderately	66	- 6	4
Maintain proper weight	18	- 6	5

Source: Louis Harris surveys for Prevention Magazine.

Table 12

Health Behavior in California

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	49	+ 9	5
Frequent strenuous exercise	39	+ 6	2
Get adequate vitamins/minerals	66	+ 5	2
Annual dental examination	79	+ 4	3
Consume fiber	62	+ 3	4
Limit cholesterol in diet	44	+ 1	5
Limit sodium in diet	57	+ 3	5
Take steps to control stress	69	+ 2	4
Maintain proper weight	26	+ 2	4
Limit sugar in diet	52	+ 2	5
Do not smoke	78	+ 1	5
Drink alcohol moderately	73	+ 1	8
Below Average			
Limit fat in diet	55	- 1	9
Avoid driving after drinking	65	- 1	9
Avoid home accidents	77	- 2	13
Smoke detector in home	73	- 3	15
Do not drink	16	- 4	15
Don't use recreational drugs	89	- 4	17
Always obey speed limit	46	- 6	17
Annual blood pressure test	78	- 6	20

Source: Louis Harris surveys for Prevention Magazine.

Table 13

Health Behavior in Florida

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Limit sugar in diet	61	+11	1
Limit fat in diet	65	+ 9	1
Get adequate vitamins/minerals	69	+ 8	1
Consume fiber	66	+ 7	1
Limit cholesterol in diet	49	+ 6	2
Annual blood pressure test	88	+ 4	1
Frequent strenuous exercise	37	+ 4	4
Wear seat belt	44	+ 4	8
Drink alcohol moderately	75	+ 3	4
Limit sodium in diet	56	+ 2	6
Average			
Maintain proper weight	24	0	7
Avoid driving after drinking	66	0	7
Do not drink	20	0	8
Always obey speed limit	52	0	8
Avoid home accidents	79	0	10
Annual dental examination	70	0	10
Below Average			
Don't use recreational drugs	92	- 1	13
Take steps to control stress	65	- 2	15
Do not smoke	73	- 4	18
Smoke detector in home	65	- 11	20

Source: Louis Harris surveys for Prevention Magazine.

Table 14

Health Behavior in Georgia

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Do not drink	27	+ 7	3
Consume fiber	65	+ 6	2
Avoid driving after drinking	71	+ 5	1
Maintain proper weight	29	+ 5	2
Drink alcohol moderately	77	+ 5	2
Take steps to control stress	71	+ 4	1
Do not smoke	80	+ 3	1
Don't use recreational drugs	95	+ 2	4
Avoid home accidents	81	+ 2	5
Get adequate vitamins/minerals	63	+ 2	6
Limit sugar in diet	51	+ 1	9
Annual blood pressure test	85	+ 1	9
Average			
Limit cholesterol in diet	43	0	8
Frequent strenuous exercise	33	0	9
Annual dental examination	75	0	10
Below Average			
Limit fat in diet	54	- 2	12
Limit sodium in diet	51	- 3	13
Always obey speed limit	47	- 5	15
Smoke detector in home	67	- 9	19
Wear seat belt	29	- 11	20

Source: Louis Harris surveys for Prevention Magazine.

Table 15

Health Behavior in Illinois

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Always obey speed limit	61	+ 9	2
Smoke detector in home	79	+ 3	9
Do not smoke	79	+ 2	3
Don't use recreational drugs	94	+ 1	5
Take steps to control stress	68	+ 1	8
Average			
Limit sodium in diet	54	0	8
Below Average			
Wear seat belt	39	- 1	11
Limit sugar in diet	49	- 1	12
Annual blood pressure test	83	- 1	15
Do not drink	18	- 2	10
Get adequate vitamins/minerals	59	- 2	11
Avoid home accidents	77	- 2	13
Frequent strenuous exercise	31	- 2	14
Annual dental examination	73	- 2	16
Drink alcohol moderately	69	- 3	13
Limit fat in diet	53	- 3	15
Consume fiber	56	- 3	16
Limit cholesterol in diet	39	- 4	16
Maintain proper weight	20	- 4	20
Avoid driving after drinking	60	- 6	12

Source: Louis Harris surveys for Prevention Magazine.

Table 16

Health Behavior in Indiana

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Do not drink	23	+ 3	4
Annual dental examination	78	+ 3	5
Take steps to control stress	69	+ 2	4
Do not smoke	78	+ 1	5
Drink alcohol moderately	73	+ 1	8
Annual blood pressure test	85	+ 1	9
Average			
Get adequate vitamins/minerals	61	0	7
Don't use recreational drugs	93	0	10
Smoke detector in home	76	0	13
Below Average			
Always obey speed limit	51	- 1	9
Maintain proper weight	23	- 1	10
Limit cholesterol in diet	41	- 2	13
Limit fat in diet	52	- 4	16
Frequent strenuous exercise	29	- 4	17
Avoid driving after drinking	61	- 5	10
Limit sodium in diet	49	- 5	14
Wear seat belt	35	- 5	15
Avoid home accidents	73	- 6	20
Limit sugar in diet	42	- 8	20
Consume fiber	51	- 8	20

Source: Louis Harris surveys for Prevention Magazine.

Table 17

Health Behavior in Louisiana

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	45	+ 5	7
Annual blood pressure test	88	+ 4	1
Limit sugar in diet	54	+ 4	2
Frequent strenuous exercise	37	+ 4	4
Do not drink	23	+ 3	4
Take steps to control stress	68	+ 1	8
Average			
Do not smoke	77	0	9
Below Average			
Annual dental examination	74	- 1	13
Consume fiber	57	- 2	13
Avoid home accidents	77	- 2	13
Maintain proper weight	21	- 3	15
Limit fat in diet	52	- 4	16
Limit cholesterol in diet	38	- 5	19
Get adequate vitamins/minerals	54	- 7	20
Limit sodium in diet	44	- 10	19
Smoke detector in home	61	- 15	21

Source: Louis Harris surveys for Prevention Magazine.

Table 18

Health Behavior in Maryland

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Smoke detector in home	95	+19	1
Annual dental examination	86	+11	1
Wear seat belt	48	+ 8	6
Limit fat in diet	58	+ 2	3
Drink alcohol moderately	74	+ 2	5
Frequent strenuous exercise	34	+ 1	8
Below Average			
Consume fiber	58	- 1	10
Limit cholesterol in diet	42	- 1	12
Do not smoke	75	- 2	12
Avoid home accidents	77	- 2	13
Take steps to control stress	65	- 2	15
Maintain proper weight	21	- 3	15
Annual blood pressure test	81	- 3	19
Get adequate vitamins/minerals	56	- 5	15
Do not drink	14	- 6	17
Limit sodium in diet	47	- 7	17
Limit sugar in diet	43	- 7	18
Always obey speed limit	42	- 10	19

Source: Louis Harris surveys for Prevention Magazine.

Table 19

Health Behavior in Massachusetts

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Smoke detector in home	87	+11	2
Limit fat in diet	63	+ 7	2
Limit cholesterol in diet	49	+ 6	2
Limit sodium in diet	59	+ 5	2
Annual dental examination	80	+ 5	2
Frequent strenuous exercise	38	+ 5	3
Do not smoke	79	+ 2	3
Maintain proper weight	26	+ 2	4
Limit sugar in diet	52	+ 2	5
Consume fiber	61	+ 2	6
Don't use recreational drugs	94	+ 1	5
Avoid driving after drinking	67	+ 1	7
Below Average			
Take steps to control stress	66	- 1	13
Annual blood pressure test	83	- 1	15
Drink alcohol moderately	70	- 2	11
Wear seat belt	36	- 4	14
Get adequate vitamins/minerals	57	- 4	14
Always obey speed limit	46	- 6	17
Do not drink	13	- 7	18
Avoid home accidents	72	- 7	21

Source: Louis Harris surveys for Prevention Magazine.

Table 20

Health Behavior in Michigan

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	50	+10	3
Smoke detector in home	81	+ 5	6
Annual blood pressure test	88	+ 4	1
Take steps to control stress	71	+ 4	1
Get adequate vitamins/minerals	64	+ 3	3
Avoid home accidents	82	+ 3	3
Annual dental examination	77	+ 2	6
Average			
Limit cholesterol in diet	43	0	8
Frequent strenuous exercise	33	0	9
Limit sugar in diet	50	0	11
Below Average			
Always obey speed limit	51	- 1	9
Don't use recreational drugs	92	- 1	13
Limit sodium in diet	52	- 2	11
Do not smoke	75	- 2	12
Limit fat in diet	54	- 2	12
Consume fiber	57	- 2	13
Drink alcohol moderately	69	- 3	13
Maintain proper weight	21	- 3	15
Do not drink	16	- 4	15
Avoid driving after drinking	56	- 10	13

Source: Louis Harris surveys for Prevention Magazine.

Table 21

Health Behavior in Minnesota

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Always obey speed limit	64	+12	1
Smoke detector in home	85	+ 9	4
Maintain proper weight	30	+ 6	1
Frequent strenuous exercise	35	+ 2	7
Average			
Annual dental examination	75	0	10
Below Average			
Avoid home accidents	77	- 2	13
Take steps to control stress	64	- 3	18
Do not smoke	73	- 4	18
Get adequate vitamins/minerals	55	- 6	19
Drink alcohol moderately	65	- 7	16
Limit sodium in diet	47	- 7	17
Wear seat belt	32	- 8	17
Limit sugar in diet	42	- 8	20
Consume fiber	51	- 8	20
Annual blood pressure test	76	- 8	21
Limit fat in diet	47	- 9	21
Do not drink	10	- 10	20
Limit cholesterol in diet	33	- 10	21

Source: Louis Harris surveys for Prevention Magazine.

Table 22

Health Behavior in Missouri

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Always obey speed limit	59	+ 7	4
Wear seat belt	44	+ 4	8
Avoid home accidents	81	+ 2	5
Consume fiber	61	+ 2	6
Do not smoke	78	+ 1	5
Don't use recreational drugs	94	+ 1	5
Do not drink	21	+ 1	7
Take steps to control stress	68	+ 1	8
Average			
Frequent strenuous exercise	33	0	9
Annual blood pressure test	84	0	12
Below Average			
Drink alcohol moderately	69	- 3	13
Get adequate vitamins/minerals	56	- 5	15
Smoke detector in home	71	- 5	17
Annual dental examination	70	- 5	19
Maintain proper weight	19	- 5	21
Limit sodium in diet	48	- 6	16
Limit sugar in diet	43	- 7	18
Limit cholesterol in diet	36	- 7	20
Limit fat in diet	48	- 8	20

Source: Louis Harris surveys for Prevention Magazine.

Table 23

Health Behavior in New Jersey

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Smoke detector in home	86	+10	3
Avoid home accidents	84	+ 5	1
Limit fat in diet	58	+ 2	3
Avoid driving after drinking	68	+ 2	4
Limit sugar in diet	52	+ 2	5
Limit sodium in diet	56	+ 2	6
Annual dental examination	76	+ 1	8
Drink alcohol moderately	73	+ 1	8
Average			
Don't use recreational drugs	93	0	10
Take steps to control stress	67	0	12
Below Average			
Always obey speed limit	51	- 1	9
Maintain proper weight	23	- 1	10
Annual blood pressure test	83	- 1	15
Do not drink	18	- 2	10
Do not smoke	75	- 2	12
Wear seat belt	38	- 2	13
Get adequate vitamins/minerals	58	- 3	12
Consume fiber	56	- 3	16
Limit cholesterol in diet	39	- 4	16
Frequent strenuous exercise	29	- 4	17

Source: Louis Harris surveys for Prevention Magazine.

Table 24

Health Behavior in New York

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	51	+11	2
Limit sodium in diet	59	+ 5	2
Annual dental examination	79	+ 4	3
Limit cholesterol in diet	46	+ 3	4
Smoke detector in home	79	+ 3	9
Avoid driving after drinking	68	+ 2	4
Take steps to control stress	69	+ 2	4
Limit sugar in diet	52	+ 2	5
Drink alcohol moderately	74	+ 2	5
Always obey speed limit	54	+ 2	7
Annual blood pressure test	85	+ 1	9
Average			
Limit fat in diet	56	0	7
Below Average			
Get adequate vitamins/minerals	60	- 1	8
Maintain proper weight	23	- 1	10
Do not smoke	75	- 2	12
Consume fiber	57	- 2	13
Don't use recreational drugs	91	- 2	16
Avoid home accidents	75	- 4	19
Do not drink	13	- 7	18
Frequent strenuous exercise	25	- 8	21

Source: Louis Harris surveys for Prevention Magazine.

Table 25

Health Behavior in North Carolina

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Do not drink	33	+13	2
Drink alcohol moderately	79	+ 7	1
Always obey speed limit	58	+ 6	5
Don't use recreational drugs	96	+ 3	1
Avoid home accidents	82	+ 3	3
Wear seat belt	43	+ 3	10
Average			
Limit cholesterol in diet	43	0	8
Below Average			
Maintain proper weight	23	- 1	10
Frequent strenuous exercise	32	- 1	13
Annual blood pressure test	83	- 1	15
Limit sodium in diet	52	- 2	11
Smoke detector in home	73	- 3	15
Do not smoke	74	- 3	17
Limit sugar in diet	46	- 4	16
Consume fiber	55	- 4	18
Get adequate vitamins/minerals	56	- 5	15
Limit fat in diet	51	- 5	18
Take steps to control stress	62	- 5	19
Annual dental examination	67	- 8	20

Source: Louis Harris surveys for Prevention Magazine.

Table 26

Health Behavior in Ohio

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Avoid driving after drinking	69	+ 3	3
Always obey speed limit	55	+ 3	6
Limit fat in diet	58	+ 2	3
Drink alcohol moderately	74	+ 2	5
Limit cholesterol in diet	44	+ 1	5
Don't use recreational drugs	94	+ 1	5
Average			
Annual blood pressure test	84	0	12
Below Average			
Limit sodium in diet	53	- 1	10
Consume fiber	58	- 1	10
Maintain proper weight	23	- 1	10
Annual dental examination	74	- 1	13
Avoid home accidents	77	- 2	13
Smoke detector in home	74	- 2	14
Limit sugar in diet	48	- 2	14
Do not drink	17	- 3	14
Get adequate vitamins/minerals	56	- 5	15
Frequent strenuous exercise	28	- 5	19
Take steps to control stress	62	- 5	19
Do not smoke	72	- 5	20
Wear seat belt	33	- 7	16

Source: Louis Harris surveys for Prevention Magazine.

Table 27

Health Behavior in Pennsylvania

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Always obey speed limit	61	+ 9	2
Limit cholesterol in diet	51	+ 8	1
Limit sodium in diet	59	+ 5	2
Annual blood pressure test	88	+ 4	1
Avoid home accidents	83	+ 4	2
Limit sugar in diet	54	+ 4	2
Get adequate vitamins/minerals	64	+ 3	3
Limit fat in diet	58	+ 2	3
Take steps to control stress	69	+ 2	4
Consume fiber	61	+ 2	6
Smoke detector in home	77	+ 1	12
Average			
Don't use recreational drugs	93	0	10
Below Average			
Do not drink	18	- 2	10
Do not smoke	75	- 2	12
Frequent strenuous exercise	31	- 2	14
Maintain proper weight	21	- 3	15
Annual dental examination	72	- 3	17
Avoid driving after drinking	61	- 5	10
Drink alcohol moderately	64	- 8	17
Wear seat belt	31	- 9	18

Source: Louis Harris surveys for Prevention Magazine.

Table 28

Health Behavior in Tennessee

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Do not drink	36	+16	1
Consume fiber	65	+ 6	2
Smoke detector in home	80	+ 4	8
Don't use recreational drugs	96	+ 3	1
Maintain proper weight	27	+ 3	3
Annual blood presssure test	87	+ 3	7
Avoid home accidents	80	+ 1	8
Below Average			
Do not smoke	76	- 1	10
Limit fat in diet	54	- 2	12
Limit cholesterol in diet	41	- 2	13
Frequent strenuous exercise	30	- 3	16
Take steps to control stress	62	- 5	19
Limit sugar in diet	44	- 6	17
Annual dental examination	67	- 8	20
Get adequate vitamins/minerals	51	- 10	21
Limit sodium in diet	43	- 11	21
Wear seat belt	28	- 12	21
Always obey speed limit	38	- 14	20

Source: Louis Harris surveys for Prevention Magazine.

Table 29

Health Behavior in Texas

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	52	+12	1
Get adequate vitamins/minerals	64	+ 3	3
Do not drink	23	+ 3	4
Frequent strenuous exercise	36	+ 3	6
Annual blood pressure test	87	+ 3	7
Maintain proper weight	26	+ 2	4
Avoid driving after drinking	68	+ 2	4
Don't use recreational drugs	94	+ 1	5
Avoid home accidents	80	+ 1	8
Average			
Limit fat in diet	56	0	7
Below Average			
Consume fiber	58	- 1	10
Do not smoke	76	- 1	10
Take steps to control stress	66	- 1	13
Drink alcohol moderately	70	- 2	11
Always obey speed limit	50	- 2	12
Limit cholesterol in diet	41	- 2	13
Limit sugar in diet	47	- 3	15
Annual dental examintion	71	- 4	18
Limit sodium in diet	49	- 5	14
Smoke detector in home	68	- 8	18

Source: Louis Harris surveys for Prevention Magazine.

Table 30

Health Behavior in Virginia

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Frequent strenuous exercise	42	+ 9	1
Drink alcohol moderately	77	+ 5	2
Limit sugar in diet	54	+ 4	2
Avoid driving after drinking	70	+ 4	2
Consume fiber	62	+ 3	4
Avoid home accidents	81	+ 2	5
Smoke detector in home	78	+ 2	11
Do not smoke	78	+ 1	5
Annual dental examination	76	+ 1	8
Take steps to control stress	68	+ 1	8
Average			
Maintain proper weight	24	0	7
Limit sodium in diet	54	0	8
Limit cholesterol in diet	43	0	8
Do not drink	20	0	8
Annual blood pressure test	84	0	12
Below average			
Get adequate vitamins/minerals	60	- 1	8
Limit fat in diet	55	- 1	8
Wear seat belt	39	- 1	11
Don't use recreational drugs	92	- 1	13
Always obey speed limit	47	- 5	15

Source: Louis Harris surveys for Prevention Magazine.

Table 31

Health Behavior in Washington

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	50	+10	3
Limit sodium in diet	60	+ 6	1
Smoke detector in home	81	+ 5	6
Annual blood pressure test	88	+ 4	1
Take steps to control stress	71	+ 4	1
Limit cholesterol in diet	44	+ 1	5
Limit sugar in diet	51	+ 1	9
Average			
Frequent strenuous exercise	33	0	9
Avoid home accidents	79	0	10
Below Average			
Limit fat in diet	55	- 1	9
Annual dental examination	74	- 1	13
Do not drink	18	- 2	10
Always obey speed limit	50	- 2	12
Get adequate vitamins/minerals	58	- 3	12
Maintain proper weight	21	- 3	15
Consume fiber	53	- 6	19

Source: Louis Harris surveys for Prevention Magazine.

Table 32

Health Behavior in Wisconsin

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Smoke detector in home	82	+ 6	5
Annual blood pressure test	88	+ 4	1
Do not smoke	80	+ 3	1
Don't use recreational drugs	96	+ 3	1
Annual dental examination	77	+ 2	6
Average			
Maintain proper weight	24	0	7
Consume fiber	59	0	9
Below Average			
Get adequate vitamins/minerals	60	- 1	8
Avoid home accidents	78	- 1	12
Limit sugar in diet	49	- 1	12
Take steps to control stress	65	- 2	15
Always obey speed limit	49	- 3	14
Limit cholesterol in diet	39	- 4	16
Frequent strenuous exercise	28	- 5	19
Limit fat in diet	50	- 6	19
Wear seat belt	31	- 9	18
Drink alcohol moderately	62	- 10	18
Limit sodium in diet	44	- 10	19
Do not drink	9	- 11	21
Avoid driving after drinking	46	- 20	14

Source: Louis Harris surveys for Prevention Magazine.